# COSMOPOLITAN

SRI LANKA

MARCH 2016



YOU ARE WORTH MORE THAN YOU THINK!

WHAT YOUR GUY WISHES HE DIDN'T KNOW ABOUT YOU!!!

SIZZLING SWIMWEAR, TURN UP THE HEAT!

PSST: THE KILLER LEG WORKOUT YOU'LL LOVE

THE UNSTOPPABLE 'K' FACTOR

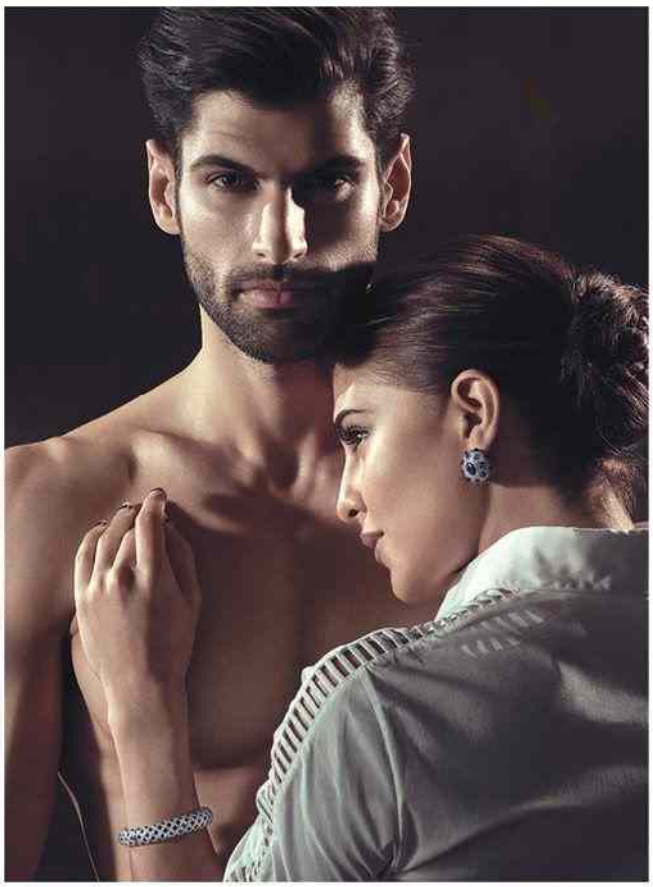
4 SIMPLE STEPS TO CONTOUR LIKE A PRO

*THE (BIG?) DEAL WITH VIRGINITY

CAREER ADVICE THEY DON'T TEACH IN CLASS




TOMMY HILFIGER



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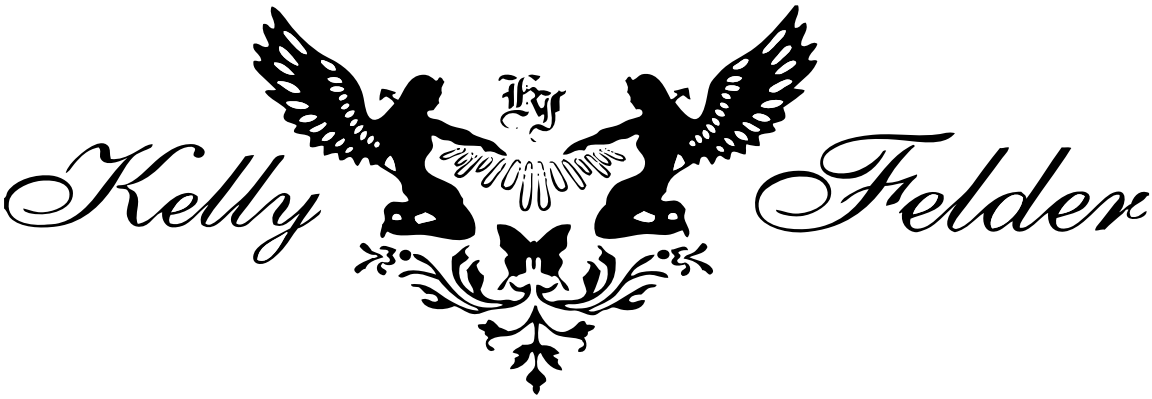
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# Pond's BB+ Cream

## Pond's BB+ CREAM - THE WORLD'S BEST KNOWN BEAUTY SECRET.

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BB Cream, also known as Blemish Balm stands out as the most inspiring beauty product that promises a lot in a small package.
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- When you want to look and feel privileged like other beautiful women across the world.

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With the selfie frenzy, everyone wants to be camera ready. Be it a photo shoot or just hanging out with your friends, to be ready for the perfect selfie, count on Pond's BB+ cream. It keeps you looking fresh faced and perfectly made up throughout the day.

**Step 1**

Get the long lasting photo-ready fab look with the help of a few pumps of this all-in-one BB+ Cream from Pond's. Spread it out evenly and cover all your dark spots and pigmentation in one go.




**Step 2**

It is completely your wish to go with the kind of eye and lip look you want. Do remember that dark eyes go with nude/pink lips while soft eye makeup goes with dark lips.





**Step 3**

Add some gold or bronze highlights along the nose and the high points to glow in your pictures.



**Step 4**

For that cut-crease look, apply a tint of your favorite bronzer along the cheek bone and you're done.



**Watch how you can get this & other looks!**

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## BALANCING CARE
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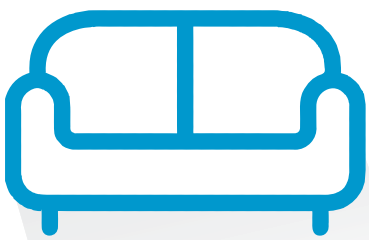
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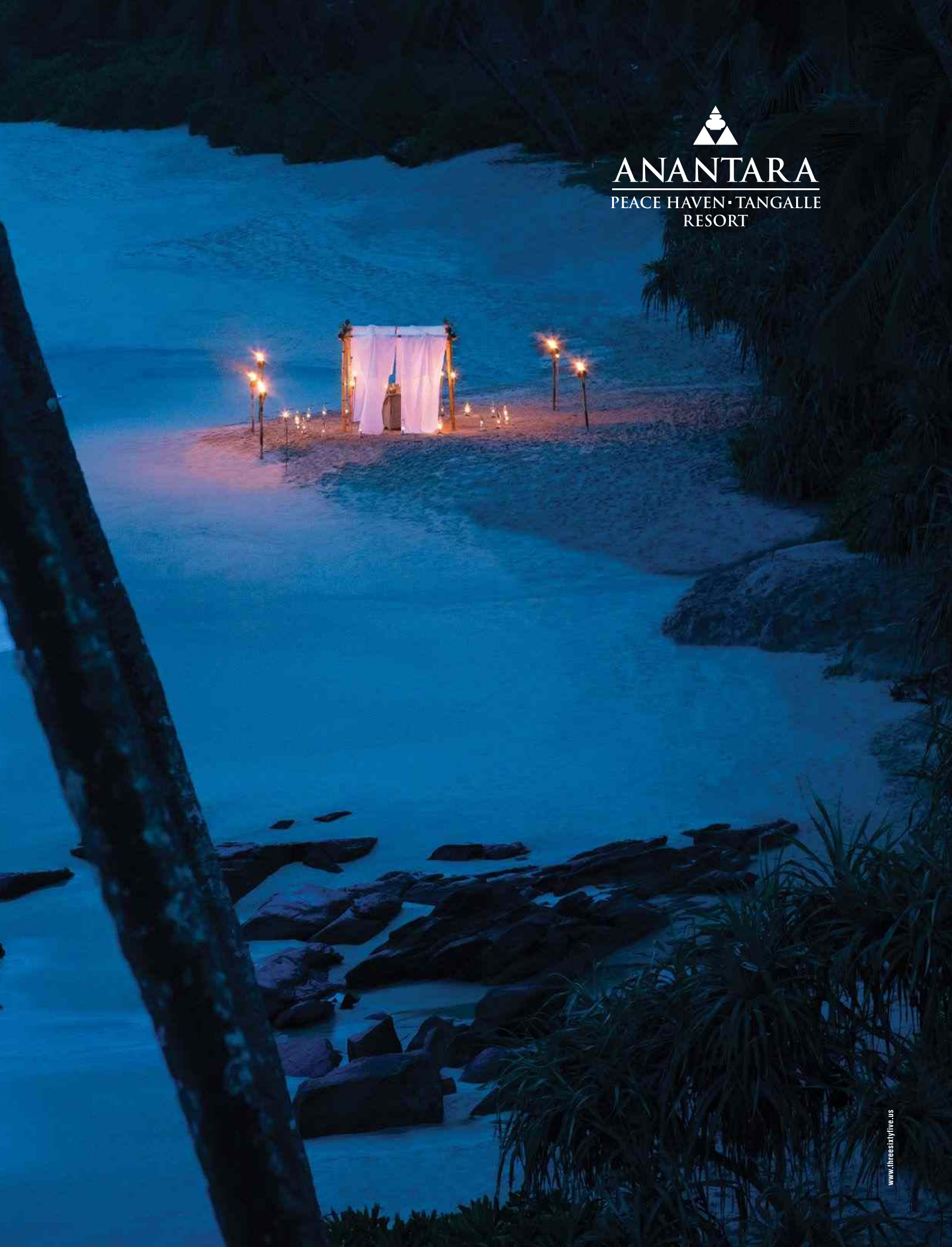
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# Behind the Cover Shoot

Put the Kardashian/Jenner crew in one room together and things get crazy—and candid. Here's what they spilled exclusively to Cosmo.





## COSMO GOALS

"When I was first starting my career, I sat down with my publicist at the time, and she asked me what I aspired to do. I remember looking down and there was a Cosmo with Megan Fox on it. I said to her, 'I would love to be on the cover of Cosmo one day.' She looked at me and said, 'Kim, let's be realistic. You'll never be on the cover of Cosmo. Let's have some realistic goals.' Cut to seven years later, the 50th anniversary, I'll send her an autographed copy."

—KIM KARDASHIAN WEST



## FANDEMONIUM

"When anybody says something to us, I'm always blown away, like OMG, they've seen our show! When we film, I don't even think anyone is watching the show. They are just really expensive home videos. So it's crazy to me that I've had so many people say that they are fans. Like Kristen Wiig, when I was in Australia, reached out and said, 'I would love to go to dinner with you!' I was like, how does Kristen Wiig even know I'm in Australia? It's just wild. I had to leave that night, otherwise I would have of course gone to dinner."

—KHLOÉ KARDASHIAN



## CONFESSION TIME

"I was with Bruce on a commercial airliner in first class. We had sex in the bathroom, and we thought we got away with it. But at the end of the flight, the flight attendant got on the microphone and told the entire flight, 'Congratulations, Mr. and Mrs. Jenner, you just joined the mile high club. We're so proud of you, we're giving you a bottle of champagne.' I could not squish down in my seat low enough."

—KRIS JENNER



PHOTOGRAPHY (GROUP SHOT AND KYLIE): **FRANCESCO CARROZZINI**; (ALL OTHERS) **WATERPROOF PICTURES**.

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**“ I love wearing thongs, but they make me so itchy. I always have to excuse myself and run to the ladies’ room to make it stop. Is it just me?”**

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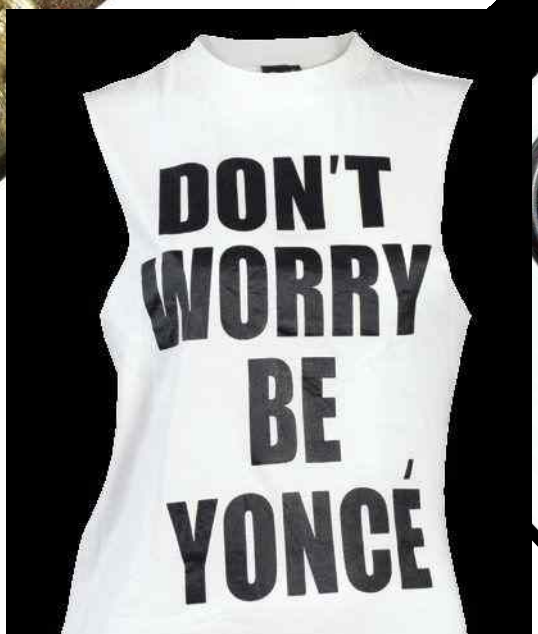


















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FROM THE EDITOR

# HELLO!

A warm welcome to our inaugural issue of Cosmopolitan Sri Lanka! Ever since entering the publishing industry, I had always wished to work for a magazine that would help to elevate women's lives. Therefore this opportunity, to edit Cosmo, is a dream come true! We have had loads of fun working on this amazing magazine over the last few months, and our enthusiasm was bolstered by the supportive reactions of our colleagues, clients and friends. We hope you, our most valued readers (who we think about all the time), are excited too!

Cosmo is for the Fun, Fearless Female in you (don't be fooled, she's definitely there), and contrary to popular belief, the magazine is not just about sex (flip through the pages right now, if you don't believe me!). We have no doubt that the stories within these pages will entertain, uplift and empower you every month. We are here to discuss anything and everything you want to talk about, know about and experience—and yes, we are here to add loads of spice to your life ;-)!

Dive right in to check out the super sexy swimwear picked just for you on page *94* — and you will know what to take on that upcoming beach break! *56* will show you more style ideas in shades that never ever go out of fashion. Be inspired by the funky and wild nail art on *126*; and it's all about sculpting your cheekbones to perfection on *64*.

This month, we also thought of checking out makeup bags (*69*) —ours included! Now we're curious—what's in yours? Send us a pic at cosmomagsl@gmail.com and we will feature the most interesting bags in our next issue. Go ahead, be bold and send us those pics!

We all have to deal with our exes at some point in our lives, especially since Colombo is so small and you keep bumping into them all the time...right? Turn to *150* and see what you should be considering. And admit it, deep down no one likes past baggage. But sometimes the problem is purely in our heads and it's not really a problem at all. Read one woman's self-realization on *148*—there's a great lesson to be learnt.

While speaking with a few friends, I was appalled to find out that there are young girls who undergo hymen reconstruction regularly. It seemed to me as if they are on a guilt trip and ashamed of their actions. As women become more independent, they spend more time on education and building careers, therefore they marry fairly late. Does this mean they need to remain virgins for 30+ years? Is it fair to expect this of anyone? Turn to *132* for some answers.

This is your magazine. Tell us anything and everything that you want to share. Turn to *24* for ways of connecting with us. We



Trevina Abeyesundere

PHOTOGRAPHEY: PAMOD NILRU

## THINGS I LEARNED WHILE CREATING THIS ISSUE:

- You can absolutely stare down perverts on the beach. They will walk away! (Keep both hands on hips and wear dark shades for added effect.)
- Bright lights melt your lipstick. (Discovered on shoot.)
- Guys you stalk can actually feel you watching them. (Remember this the next time you try to sneak in that shot.)
- Exes can turn up at the oddest places! (Yes, Colombo is very small indeed.)


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# *Detoxing and Skin Health*

*Today we hear a lot about detoxing - From detox diets to detox supplements and even detox retreats; But do we really understand what detoxing is all about? What are we detoxing? And where do all these toxins come from?*

*The word detox means a process or period of time in which one abstains from or rids the body of toxic or unhealthy substances; Detoxification. Practiced for centuries by cultures around the world — including Ayurvedic and Chinese medicine systems.*

*Basically, detoxification means cleaning the blood. This is done by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected. Unexplained fatigue, Sluggish elimination, Irritated skin, Allergies, Low-grade infections, Puffy eye or bags under the eyes, Bloating and Menstrual problems are some of the symptoms.*

*When is comes to detoxing the skin is no exception. Just like our bodies our skin too will accumulate free radicals (toxins) over a period of time which will lead to premature skin ageing, pigmentation and a dull and sallow appearance.*

*What causes free radical build up in the skin and how can it be treated? Exposure to sunlight is known to lead to oxidative destruction of the skin, including increased incidence of skin cancer and the collagen-destroying processes causing wrinkling. Strenuous aerobic activity too has been associated with increased free radical formation. However Free radicals or Oxidation cannot be avoided as it is the byproduct of the day to day functioning of our cells.*

*The good news is that Vitamin C has been proven to be a powerful antioxidant when applied to the skin. Vitamin C protects the collagen in the skin and is necessary for new collagen production and wound healing. That's not all, Vitamin C is one of the most effective ingredients in brightening and lightening the complexion.*

*However not all formulations of Topical vitamin C will give you the desired benefit. Vitamin C applied to the skin can only work if ..*

*(a) It's coupled with Glycolic Acid or other exfoliants that will ensure deep enough penetration to the ingredient.*
*(b) Formulated in a stabilized form as Vitamin C is a highly unstable vitamin and will lose its properties.*
*(c) The concentration is high enough to make a difference.*

*Sophora extract, a plant that has been used throughout history in skin preparations is also beneficial in the fight against free radical damage as it promotes the fast healing and regeneration of the skin thanks to its anti-inflammatory and antibacterial properties.*

*Therefore treating your skin to a detox programme should be regular part of your skin care regime.*

**SOTHYS |** C-TOX TREATMENT

# [C]TOX

## 'C'-Tox your skin today....

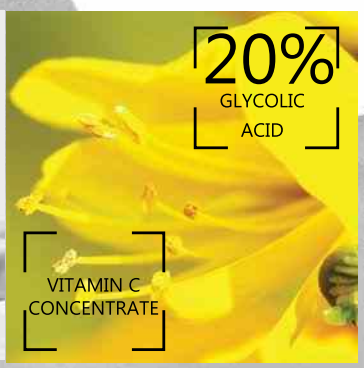
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# You Tell Us

**We asked a few friends what they thought of Cosmo's entrance to Sri Lanka. Here's what they had to say!**

"What awesome news for Sri Lanka! Cosmo is such a fun magazine to read and it also has loads of advice for young women. It's fantastic that we will now have a Cosmo geared just for Sri Lankan women! Personally, I love the relationship articles because no one really talks about some of those topics out in the open." —TANIA, 31

"How else would Sri Lankans learn that it is a terrible idea to drizzle melted caramel on someone's penis. COSMO TIP: It hardens."
—HOOMAN, 23

"Can't wait to have Cosmo in Sri Lanka! It'll be interesting to see how the international content is curated for local readers."—NATASHA, 35

"Cosmo coming to Sri Lanka is like... finally meeting that super awesome Instagrammer from a far away land that you've followed for aaaaages and want to be BFFs with!!!"
—NAOMI, 21

"I think Cosmo has the potential to empower and inspire young women in Sri Lanka in a very positive way. It is a magazine that focuses as much on content as it does on visuals —a great international platform to showcase local talent."
—SHAMEEN, 26

"Absolutely amazing!! I am sure it is going to change the mindsets of so many Sri Lankans in terms of fashion and beauty. What I love about Cosmo is the fact that it's sexy, bold and stylish." —SHEVAAN, 28

"Cosmo cannot come soon enough! What a breath of fresh air for us gals. It is a great companion for all occasions!" —AMANDA, 29




**SHOW US YOUR COSMO.** We are going gaga for this post by @cosmopolitan with US February cover girl Julianne Hough! We'd love to see what you do with our fab launch issue. Instagram your most creative photo of @CosmopolitanSriLanka and include #MyCosmoSLMarch2016 Game On.

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# CONFESSIONS

## YOU REVEAL YOUR MOST EMBARRASSING, RIDICULOUS, WHAT-WAS-I-THINKING MOMENTS.

COMPILED BY
KAVEE JAYASURIYA



1

"I was on a romantic date and he was about to ask me out (a friend had given me a heads up). They served the starters including the usual bread basket and accompaniments. In my excitement (and also because I love cheese), I started gobbling it down. My date was looking at me in a strange way and I suddenly realized that I had been gobbling down swirls of butter! I immediately covered it up by saying "I just luuurve butter." I think he thought I was strange."

—TASHIA, 28

2

"I GOT REALLY DRUNK AND TOLD ONE OF MY BEST MATES (WHO I ALSO OCCASIONALLY HOOKED UP WITH) THAT I'VE ALWAYS HAD FEELINGS FOR HIM. I MIGHT HAVE ALSO CRIED WHILE DOING SO. HE'S NEVER BROUGHT IT UP AGAIN, BUT I'M STILL EMBARRASSED THINKING ABOUT IT!"

—NATASHA, 23

HAVE A DIRTY, DIRTY SECRET? SHARE IT WITH US AT COSMOMAGSL@GMAIL.COM

IMAGE: ISTOCK BY GETTY

3

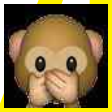
GUY CONFESSION

## "SOMETIMES WHEN PEOPLE AREN'T WATCHING, I TRY TO SEE HOW CLOSE I CAN GET TO  THEIR BUTTS WITHOUT TOUCHING."

—ARTHUR, 26

4

GUY CONFESSION



"I USED TO HAVE THIS ANNOYING COUSIN WHO WOULD COME AND STAY WITH US FROM TIME TO TIME, AND HE USED TO CUT INTO MY GAMING TIME A LOT. FOR AN ENTIRE MONTH I DIPPED HIS TOOTHBRUSH IN THE TOILET EVERY MORNING. I SINCERELY HOPE HE DOESN'T GET GINGIVITIS OR WORSE."

—YANIK, 27

5

"A FEW MONTHS AGO I HAD A NIGHT OUT WITH MY GIRLFRIENDS, THE HIGHLIGHT OF WHICH WAS THIS AMAZING GOURMET BEEF BURGER. I GOT BACK HOME ONLY TO BE GREETED BY MY STRICTLY VEGETARIAN BOYFRIEND, WHO HAD NEVER TASTED ANY TYPE OF MEAT. TO MY SURPRISE HE KISSED ME AND WENT ON TO TELL ME HOW AMAZING I TASTED. THIS WAS A YEAR AGO, AND HE STILL DOESN'T KNOW THE TRUTH." —SHENUKA, 22

6

"My computer got stuck once while I was in the library, and I couldn't turn the volume off in time. So keeping up with the Kardashians kept playing super loud for a good two minutes, and I had to take my laptop and run out of the library. I took me an hour to get myself to walk back in and get my stuff." —NATALI, 23

7

GUY CONFESSION

## "SOMETIMES WHEN PEOPLE ASK ME FOR DIRECTIONS ON THE ROAD, I LIE."

—VISHVA, 26

8

"Once at school, my best friend and I were laughing so hard because of a word my teacher had pronounced incorrectly, that I accidentally peed. Not just the type of pee that sometimes comes out when you sneeze, but the real deal. I tried hiding it by covering it with my bag, but obviously that didn't work because my skirt went from beige to being 50 shades darker." —SYAZA, 22

9

"ONCE, MY FRIEND TOLD ME HE GOT A NEW DOMESTIC. ONE NIGHT, DURING THE FESTIVE SEASON, ALL OF OUR FRIENDS WENT OVER TO HIS HOUSE. THERE WAS A LADY COMING OUT FROM THE KITCHEN AND I SAID, EXCITEDLY 'AWW! IS THAT YOUR NEW COOK?' TO WHICH HE REPLIED: 'THAT'S MY MOTHER.' IT COULDN'T HAVE GOT ANY MORE AWKWARD THAN THAT EVEN AFTER I EXPLAINED HOW BLIND I AM WITHOUT MY GLASSES." —AYESHA, 19

10

"SERIAL DATING IS MY GUILTY PLEASURE. I'VE GONE ON THREE DATES BACK-TO-BACK. I'M REALLY GOOD AT TIME MANAGEMENT." —ANGIE, 22

# Worst Dates Ever

## ENJOY THESE READERS' DOOZIES, AND BE GLAD IT WASN'T YOU!

COMPILED BY NATALIE WIJEWARDENA



"When I was studying in England, my friend and I we on a double da with two guys w were from a different university to u The actual da was great—th were fun, supe chilled and mo great conversation. the midst of all banter, we mo have mention which hall o residence we li in, and to my absolute horro found the gu outside my doorstep the ne night! Turns o they were not 'chilled out' ar bordered on stalker-ish. I h to lie and say was about t leave for the airport to get b to my room!"

NIHARA, 23

"I took this girl out to a bar, got her a seat and went to get the drinks, but the bar was rather crowded, so it took a while. When I got back to the table, she was gone! And I don't mean gone to the bathroom or to dance, I mean GONE, because I looked around the place for half an hour and even asked some ladies to check the bathroom to see if she was in there. So I had the two drinks and left. And I never bothered to get in touch with her after that!"

NARESH, 25

**"I once went with this guy to a concert at CR&FC. Things were going great and at the end of the night he offered to drop me home. Of course, everybody was pretty sloshed on the never ending stream of beer that was available. And so I had expected the make-out session when we got to the car. What I didn't expect, however, was that he would suddenly take ALL his clothes off mid-hook up! I was totally in shock… and had to convince him for a good half hour that he was too drunk and probably needed to sleep it off! Cringe."**

TIARA, 31

"I went on a date with this guy one time. The night before our dinner date, he said that we would be splitting the cost. I thought he was joking because he's pretty sarcastic and is also loaded AF. But then at dinner, he actually made me split… and after dinner my driver accidently drove over his toes. Not too sure he thought it was an accident…!"

JADE, 20

"Before I went for a movie with a friend of mine, we went out to dinner and it was all cool. Anyway, long story short, I guess he thought dinner went better than I did, because during the movie, as I was trying to adjust my scarf, he leaned in to kiss me—and I had to pull away. Like that wasn't bad enough, 10 minutes later when I shifted my position, he leaned in to kiss me again and I had to pull away AGAIN. Awks!"

CAITLIN, 20

(BEING THE LAUNCH ISSUE, THE COSMO TEAM BUGGED FRIENDS FOR THEIR STORIES. HAVE A WORST DATE STORY? DO SHARE IT WITH US BY EMAILING IT TO COSMOMAGSL@GMAIL.COM)

IMAGE: GETTY IMAGES



PHOTOGRAPHY: NICK ONKEN

# Is It Ever Okay to Date a Friend's Ex?

## ...AND IS LOVE WORTH THE BATTLEFIELD? HERE'S WHAT YOU THINK...

"I guess it would depend on the type of relationship you have with your friend, and also how strongly you feel about the guy. If she's not a very close friend, then I probably wouldn't care too much. But if she is a good friend, I would first make sure that she is definitely over him. Then perhaps be upfront with her and ask her how she feels about it. If she says that she is not cool with it, then I would definitely rethink the situation. Having said this, I would go through all this trouble only if the guy is really worth it!"

**TINA, 30**

"No way! It would be too complicated. That's just asking for drama, and I most certainly don't need additional drama in my life."

**DINU, 30**




"It's not okay to date a friend's ex. Considering everything you've been through with your friends, especially close friends, it's not right to be with a guy that was wrong for your friend. I feel it's disrespectful in a way. Depending on how close you are to the person, it's also a form of betrayal."

**YAHILA, 21**

"I don't think it's acceptable to date a friend's ex, especially if the friend is in your inner circle. That would be...just awkward."

**KEMALI*, 33**

"Probably not, but if it's a case of 'true love' then it's a tough choice. It's very easy to say 'no' now; but when you're in that situation, it's difficult to predict how you would react."

**SARAH*, 30**

"It's always a very layered decision. Objectively, if your friend and her ex are over each other and a suitable amount of time has passed, then it shouldn't matter. But this excludes the emotional aspect that ALWAYS comes into play. Whatever said and done, your friend once had a very strong connection with her ex and it will always be strange for her that you now have that connection. So some strain on your friendship is inevitable.

I think it's a situation best avoided unless you actually care very deeply for the guy and truly think you can make something wonderful of it. If that's how you feel, it would be silly to not give it a shot. But dating your friend's ex super casually? Avoid like the plague."

**ANISHKA*, 28**

## AND THE BOYS SAID...

"If you are a close friend; NOPE! That's the 'BRO-CODE'! But in a realistic world, I wouldn't have any issue with my ex dating a friend, provided she didn't cheat on me!!! It will be comforting to know that she is going to be happy with someone who I know and trust! So, it's actually up to them. Just because it did not work out for us shouldn't mean it shouldn't work out for them."

**ASHAN, 32**

"Well, this is how I see it. There is nothing wrong with this as long as all past associations between the two are nullified. We are spirits living in flesh, so the ties are between two spirits when you are in love. In that context, if the soul ties are broken, I see no reason why you shouldn't date a friend's ex. If you're asking me how ethical it is, well it depends on each individual."

**TREVIS, 32**

"I wouldn't do it. But having said that, it would depend on the relationship I have with the friend. If it's someone I hardly know, then it wouldn't matter. But if it's a good friend, I probably wouldn't. However, if I feel that it's 'true love', I might just have a sincere chat with my friend but proceed to date the girl anyway."

**SHANE*, 26**

"If I have a very strong relationship with my friend, then I wouldn't. However, if it's just someone I know, then I may not think too much about it. It really depends on the situation."

**WAAZI*, 34**

COMPILATION: TREVINA ABEYESUNDERE | *NAMES HAVE BEEN CHANGED

# HOT!



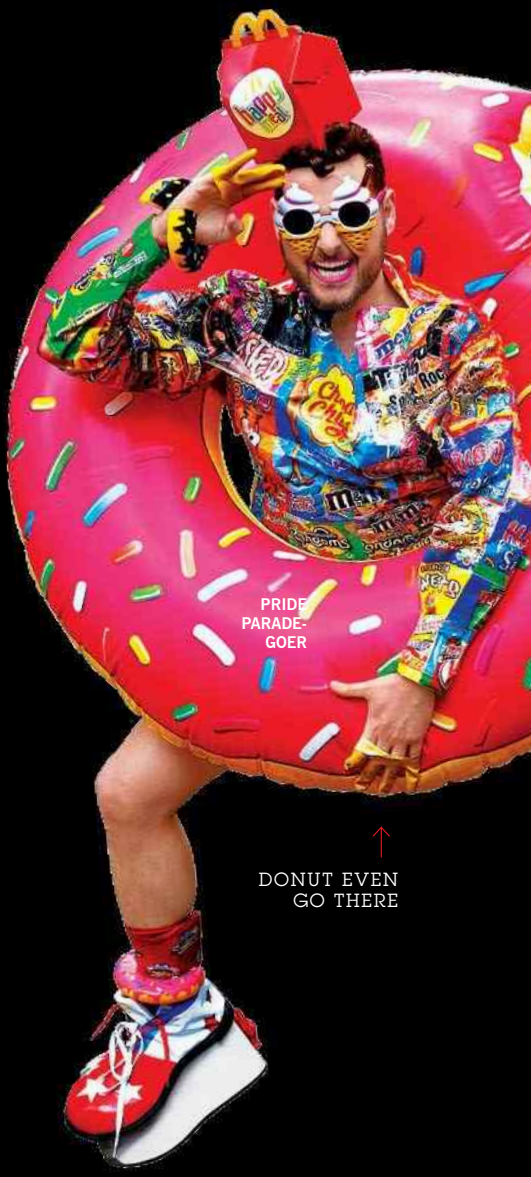
PRINCE HARRY

GINGERBEARD BABE



TWEED RUN COMPETITOR

WHAT A BEARD-O



PRIDE PARADE-GOER

DONUT EVEN GO THERE

JOAN SMALLS



A PURR-FECT 10

VS.

COMIC CON KITTY



CAT-ASTROPHIC

HOT OUT OF THE OVEN



CHRISSY TEIGEN

# NOT!

WESTMINSTER DOG SHOW CHAMPION



VICTORIOUS D. O. G.

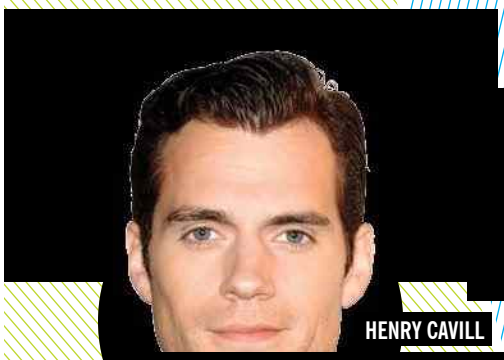
GROOMING SHOW CONTESTANT (YES, IT'S A REAL DOG!)



DOG AND PONY NO

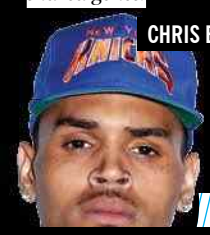
# DOUBLE TAKES

The resemblance isn't just uncanny—it's twin-credible. Separated-at-birth stars prove lightning can strike twice.



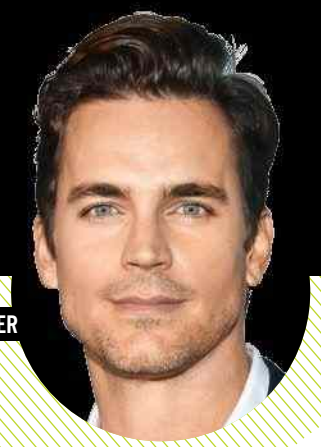
HENRY CAVILL

*Shared looks, name, b-ball skills...just no shared genes.*



CHRIS BROWN

*The Man of Steel or the buns of steel? Tough call.*



MATT BOMER



SHANNON BROWN



SKYLAR ASTIN



DANE COOK

*Simply aca-mazing: Dane is like Skylar's naughty twin.*

*Mad Max + m bun = Logar Marshall-Gre*



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KRIS HUMPHRIES



CHACE CRAWFORD

*Doppelgängers down to the CW résumés and the scruff.*



IAN SOMERHALDER

CHRIS BROWN: PRINCE WILLIAMS/WIREIMAGE. OVERSTREET: JB LACROIX/WIREIMAGE. CRAWFORD: PAUL ARCHULETA/FILMMAGIC. SOMERHALDER: VENTURELLI/WIREIMAGE. HARDY: KARWAI TANG/WIREIMAGE. LAUTNER: CHRISTOPHER POLK/WIREIMAGE. COOK: JON KOPALOFF/FILMMAGIC. ALL OTHERS: GETTY IMAGES (7).

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# How to Look *Revenge Hot*

You're bound to see an ex over the holida
Ooze eff-you confidence and look sexie
than ever with lessons from these star
breakovers (aka break up makeovers)

BY LONI VENTI



LESSON 1
PLAY IT STRAIGHT

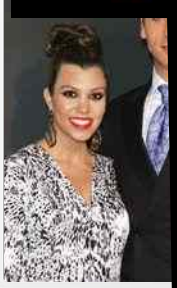
## Kourtney Kardashian

SPLIT FROM
**Scott Disick**

When Kourtney appeared on the red carpet post-split, jaws dropped. With glossy, pin-straight strands and a body-hugging frock, the usually conservative K sis commanded epic-level attention (à la Reese Witherspoon post–Ryan Phillippe in 2007...one of the most memorable breakovers ever!) Moral of the story: Fire up your straightening iron. Something about extra-sleek hair (even when you're naturally straight) makes an unforgettable entrance.

INSPIRATION:
REESE, CIRCA '07







LESSON 2
STEP OUT OF YOUR COMFORT ZONE

## Ariana Grande

SPLIT FROM
**Big Sean**

Ariana's signature — that lush, high pony — is so well known, it could have its own Twitter account. But when she and Big Sean went separate ways, Ariana spiced things up with a half-up topknot. A small switch, yes. But when predictability is your jam, even a tiny tweak signals you're embracing — not fighting — the change. Love her look? Pull the top half of your hair into a high pony, braid it, then wind into a bun and pin. Run a boar-bristle brush through hanging strands to give them soft texture.



IMAGES: GETTY IMAGES/BUZZFOTO/FILMMAGIC




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# CELEB SCENE

LESSON 3
EDGE IT UP





## Gwen Stefani

SPLIT FROM

### Gavin Rossdale

What does a punk queen do to signal her new independence? She snips one side of her head into a fierce jagged bob then dip-dyes it black and purple. Such a dramatic reset inevitably gets people talking ("She has sooo moved on!") — you just have to one hundred per cent commit to it. Rocking bold, trendy statement hair can be tricky, but according to Gwen's hair pro, Pantene stylist Danilo: "Gwen owns the look, the look doesn't own her." No doubt.

LESSON 4
PLAY WITH COLOUR



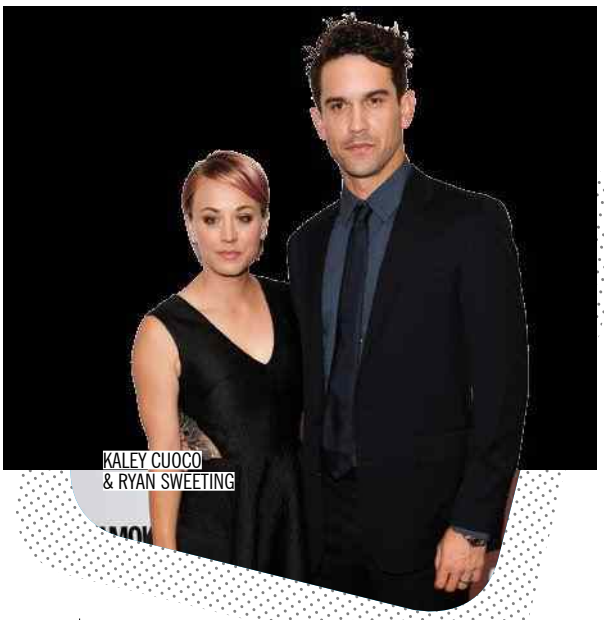
## Hilary Duff

SPLIT FROM

### Mike Comrie

Pastel hair: It's like a beauty happy pill. One look will make you smile...and will have everyone else spreading the word of your #NotSorry post-breakup self. Hilary tested out green, blue and pink strands, and added playful hues to her make-up.





KALEY CUOCO & RYAN SWEETING

# GET BACK ON THE HORSE!

**RELATIONSHIP PRO SUSAN J. ELLIOTT, AUTHOR OF *GETTING PAST YOUR BREAKUP*, SHARES WAYS TO MOVE ON.**

**GET BUSY** Like Kaley Cuoco (who competed in a horse-jumping event the day after announcing her divorce from Ryan Sweeting), Elliott suggests immersing yourself in a hobby to help see the split as an opportunity.

**RSVP YES** Being social isn't just a great distraction. It reminds you of the endless opportunities that exist, separate from your ex, as well as friends who care about your happiness. (Tip: If you're not up to discussing your breakup, let your buds know in advance.)

**DO YOU** Eat veggies, hit the gym, get a blowout... anything to nourish your mind and body. Taking care of yourself helps you feel more in control of your future.


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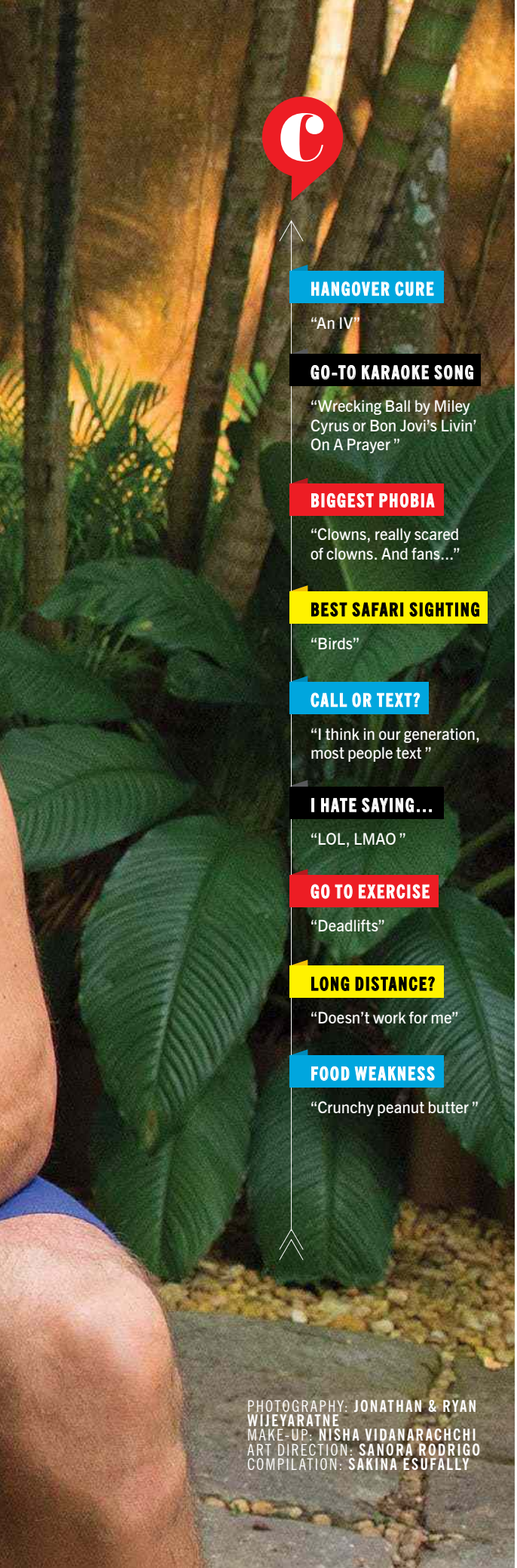


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# THE COSMO GUY

**ADAM FLAMER-CALDERA**

THE 6'2" HUNK DISHES ON JETS, SEX, AND SEDUCTION.



**HANGOVER CURE**

"An IV"

**GO-TO KARAOKE SONG**

"Wrecking Ball by Miley Cyrus or Bon Jovi's Livin' On A Prayer"

**BIGGEST PHOBIA**

"Clowns, really scared of clowns. And fans..."

**BEST SAFARI SIGHTING**

"Birds"

**CALL OR TEXT?**

"I think in our generation, most people text"

**I HATE SAYING...**

"LOL, LMAO"

**GO TO EXERCISE**

"Deadlifts"

**LONG DISTANCE?**

"Doesn't work for me"

**FOOD WEAKNESS**

"Crunchy peanut butter"

PHOTOGRAPHY: **JONATHAN & RYAN WIJEYARATNE**
MAKE-UP: **NISHA VIDANARACHCHI**
ART DIRECTION: **SANORA RODRIGO**
COMPILATION: **SAKINA ESUFALLY**

## HOW DO YOU HANDLE YOUR BIGGEST CRAVINGS? WE KNOW BEN & JERRY'S THE TONIGHT DOUGH ICE CREAM IS ONE OF THEM.

The best way to handle your biggest cravings is to give in to them. I mean, if you suddenly want a whole tub of ice cream and you're dying to have it...have it, but only as a reward. I tend to love food, so I counteract that by working out a lot. I'd rather workout more and eat more, than workout less and eat less. I think most people have problems with little cravings, like suddenly wanting a piece of chocolate. So, I always just give in to my biggest cravings. It's the smaller ones that I have to handle.

## WHAT'S THE BEST THING ABOUT SRI LANKA?

I love the wildlife and camping, and I constantly want to visit the national parks here. I'm most uncomfortable in the city and enjoy being out of it. Kumana is my new favourite—it's nice and secluded, the way a national park should be. Yala used to be my favourite, but now it's kind of like a zoo because it's so badly managed. I get really upset just thinking about it, so I don't want to talk about Yala. I also tend to spend a lot of time at the beach, down south.

## WHAT IS YOUR TAKE ON HEALTHY LIVING?

I think it's a fusion of mind and body. You have to constantly exercise both elements to keep them healthy. Personally, I enjoy working out. I also love to learn—I'm constantly learning. I find everything fascinating. I love books...I fall down facts rabbit-holes on the internet where I read interesting facts all day. As long as I'm learning something new, I don't get bored. It can be in any field. Even in modelling, there's a lot to learn. While the concept can appear boring—you just standing there and people taking pictures of you—if you talk to the stylists or photographer about what they're doing, there are things to learn. I like to engage my mind as much as I can.

Everyone has their [mental and physical] vices. You just have to be able to counteract these by leading a healthier life in other aspects...it's a balance of the bad things.

## WHAT ARE YOUR TOP TIPS FOR HANDLING THE JET-SET LIFE?

This is assuming I live the jet-set life? I do use a lot of jets and travel around a lot. In the past year, I've probably been away more than I've been at home. I have a suitcase that's always ready to go, and a lot of frequent flyer memberships! And for me, since working out is obviously a big part of my life, I take a bunch of workout equipment and proteins with me. I also try to maintain the same routine wherever I am because it's unsettling and it's very easy to be thrown off your daily routine, especially if you're constantly moving from place to place. So, try to establish a routine that can sort of transcend wherever you are. Whenever I get to a hotel, I immediately find out everything—where the food is, where the gym is, what the hours are, things like that.

I also always try to reach out to people that I know in different parts of the world because it gets lonely—you fly, get to a hotel, go to sleep, wake up, go to work, go back to the hotel, then back to the airport and fly out. So, I always try to throw in a dinner with old friends or just meet a lot of new people—and find ways to enjoy myself.



## HOW IMPORTANT DO YOU THINK SEX IS IN A RELATIONSHIP?

Very important, because it's physical and intimate; and depending on your definition of 'relationship', exclusive. It's something special you share with your significant other, and it's primal urge, obviously. I find it enhances your shared bond—you not only need to satisfy each other emotionally, but physically as well. And if either one goes out of proportion, it'll disturb the balance of a healthy relationship. Would you want to be with someone that you connected with only sexually or emotionally? Either way, there's gonna be something missing. It basically comes down to my theory that you should never settle for anyone who doesn't meet all your criteria. I don't believe you need to make relationships work or that you need to settle because you think: "I can overlook this thing because there's all these other things going for us." I think there are a lot of people out there. So, if you have certain criteria you want met in a relationship, you should try to fulfill them all. And if you can't, don't try to force it.

## CERTAIN ASPECTS OF YOUR JOB (THE CONSTANT TRAVEL AND LONG HOURS) CAN BE IMMENSELY STRESSFUL. HOW DO YOU COPE?

The trick is to try and make it fun. Because, if you don't enjoy what you do, it's not going to be good no matter what. I really enjoy modelling: I get to meet new people every day and get to work with incredibly talented professionals. I've worked with photographers, stylists, and make-up artists that have done the most incredible jobs. And as long as I have someone to feed my fish, it's all good.

## WHAT'S THE HARDEST PART OF MOVING ON?

It depends on the issue. If the issue is huge, then it's very easy to move on. Or if you break up with someone and you are not on good terms, it's also not that hard. However, if it's not a big issue but a problem that keeps recurring, then it tends to be hard.

It also depends on how much you feel for the person. I think the hardest part of breaking up is hurting the feelings of someone you care about. There was a girl I broke up with because of distance—I'm not a person who wants to do long distance—and it was hard because I really liked her. I was moving to a different part of the country and I just didn't see it working at the time.

But if someone broke up with me, then obviously, the hardest part is eating all of that ice cream while listening to Meat Loaf...or Adele.

## WHAT IS THE BIGGEST MISCONCEPTION YOU'VE FACED?

Maybe the amount of work behind the scenes—there's a lot more work than people expect. I have a very strong work ethic and I basically compensate for any deficiencies by working. My goal is to work harder than anyone else, in anything I do. You can be better than me at stuff and I'll let that go, but I'll only let that go if I work extremely hard and you're still better than me!

## WHAT'S YOUR FAVOURITE WAY TO SEDUCE A GIRL?

I love to cook and I'm a pretty good one, too (not to toot my own horn)! If I had to seduce a girl, I might invite her over for a home-cooked dinner. Or I'd get her to rub lotion on my body, like I did to you. [Guilty, as charged.]

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# 15 THINGS TO DO THIS MONTH

**1** **LINE UP** at the door for Butter Boutique's brand spankin' new Arabian Nights cake. Flavoured with orange blossom water and garnished with raspberries, lychees, pistachios and a rosewater-scented cream, it has us feeling very Princess Jasmine-like.



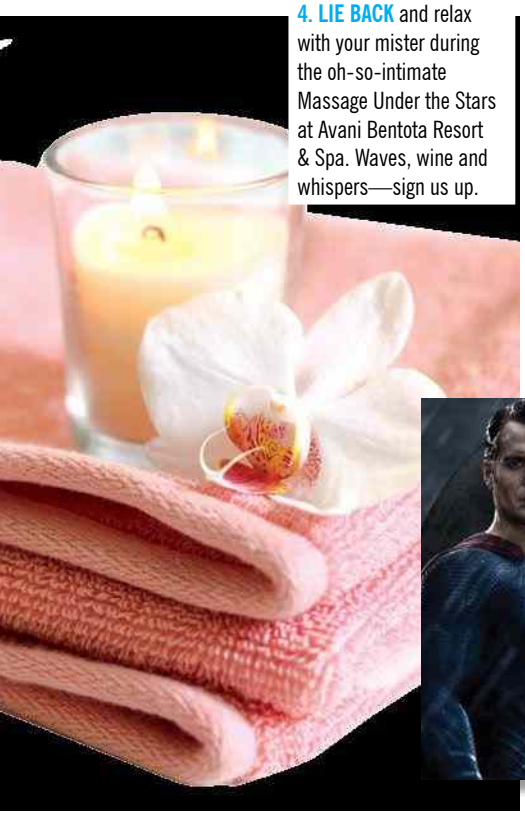


**2. JUMP FOR JAI:** Aash… digitally printed silk sare… are revolutionizing the lo… market with abstract de…ns and colours that have us… wanting to slip on those… stilettos and crash a we…ding. #colourgradi…




**3. JUICE YOURSELF** with Café Kumbuk's oh-so-refreshing OJ. Perfect to chuck in totes and chug in elevators (we're classy AF), it tastes like perfect, sunny mornings all.the.time.

**4. LIE BACK** and relax with your mister during the oh-so-intimate Massage Under the Stars at Avani Bentota Resort & Spa. Waves, wine and whispers—sign us up.



**5. PAIR** your Asian dishes wi… crisp and refreshing Gris Blanc Rosé …





**6** **SUIT UP** for the ultimate superhero smackdown. Batman v. Superman: Dawn of Justice hits theatres this month!



**7. TRUE TO SELF** Abstract's new Tamarind Island line has got us effortlessly put-together with geometric prints guaranteed to make you feel like a boss at the beach or on safari. Either one's cool with us.

…Y IMAGES/
…DIO D; WIREIMAGE

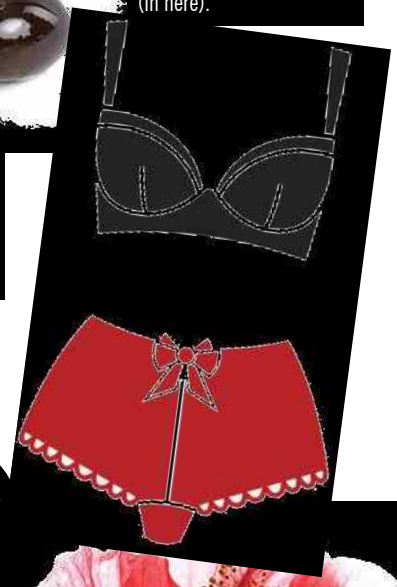
**GIFT** yourself Ophir's Red Tea Rose Hand Spa and feel like a queen. Its rich botanical and rose oils please and nourish, leaving your hands feeling brand new for days (yas). You'll never want to stop pampering yourself – and that's a great thing.






**9. GREEK** it out! Nia Vardalos is back in My Big Fat Greek Wedding 2. Break open the kalamata olives; we're ready to 'opa' for reals.

**10. YARN** it out Amanté – the store's new Marl collection has us swooning for their cool and colourful blends for when it gets hot (in here).



**11. DISAMBIGUATION** by the Saskia Fernando Gallery is showing at Art Dubai. Just missed the madness? Head over to SFG for even more drool-worthy pieces.



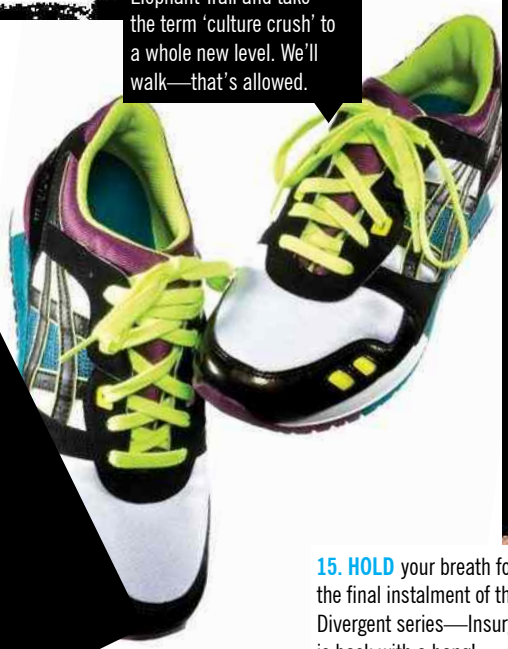
**WAKE UP** and smell the blossoms. Colombo is blooming, literally. No, we're not kidding.



**13. BE A HOME GIRL** yourself a complete do-it-yourself gel nail kit. Yes! you heard that right. Long-lasting, durable and (you know it) oh so smooth, the Gel Shock Nails ection at THEFACESHOP takes to a whole new level. Adore.



**14. LACE UP** with bada** runners on the Wild Elephant Trail and take the term 'culture crush' to a whole new level. We'll walk—that's allowed.





**15. HOLD** your breath for the final instalment of the Divergent series—Insurgent is back with a bang!




**TOP**
*Cotton Collection*
*(Rs. 1,290)*



**CLUTCH**
*ROYAL & REGAL*
*(Rs. 2,490)*



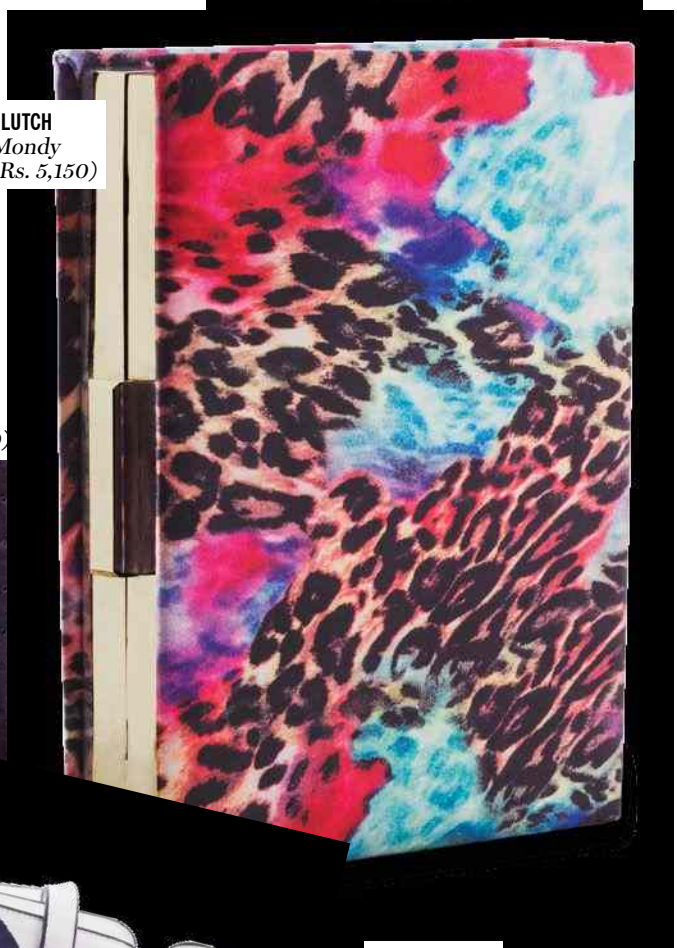

**TOP**
*Odel*
*(Rs. 1,250)*

FUN, FEARLESS SHOPP

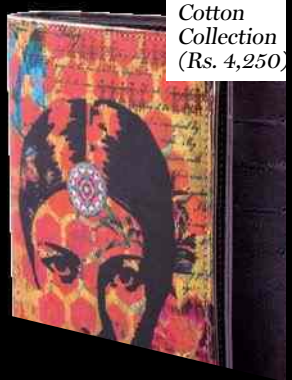
# A SPLASH OF COLOUR

From punchy florals to bold prints
Jazz up your closet!

Compiled by **Kavee Jayasuriya**



**CLUTCH**
*Mondy*
*(Rs. 5,150)*



**PASSPORT COVER**
*Cotton Collection*
*(Rs. 4,250)*



**DRESS**
*Odel*
*(Rs. 3,950)*



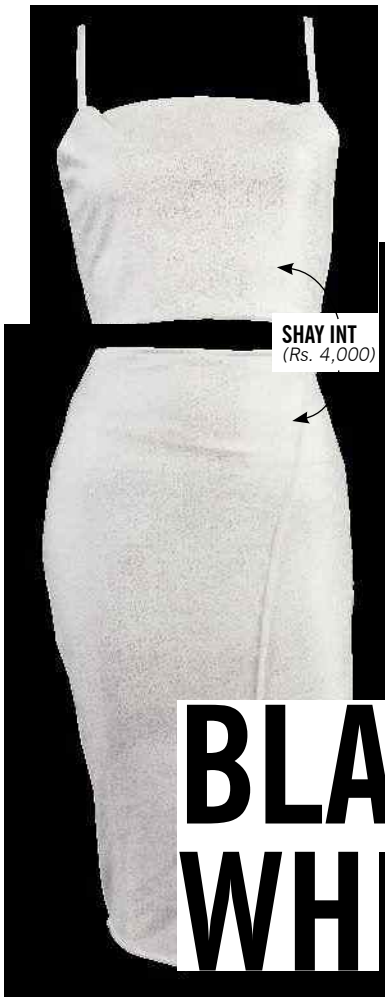
**BAG**
*Mondy*
*(Rs. 5,650)*



**PHONE CASE**
*Cotton Collection*
*(Rs. 3,000)*

*PRICES ARE SUBJECT TO CHANGE
PHOTOGRAPHY: **PAMOD NILRU**


raspberry
ACCESSORIES
AT
cotton
COLLECTION
fcottoncollectionsl
143 DHARMAPALA MW | MAJESTIC CITY
KANDY CITY CENTRE | PELAWATTA



SHAY INT
(Rs. 4,000)



MONDY
(Rs. 2,290)



JANELLE MONÁE

# BLACK & WHITE AFFAIR

MONOCHROME IS BACK. SNAP INTO STYLE! CHIC B & W IS ALL YOU NEED...



ROYAL & REGAL
(Rs. 890)



NuKi
(Rs. 1,190)



ROYAL & REGAL
(Rs. 2,890)



SHAY INT
(Rs. 3,500)



COTTON COLLECTION
(Rs. 3,080)



SHAY INT
(Rs. 1,800)



**NuKi**
*(Rs. 1,190)*



**COTTON COLLECTION**
*(Rs. 890)*



**SHAY INT**
*(Rs. 4,000)*




**ROYAL & REGAL**
*(Rs. 990)*



**MANGO**
*(Rs. 5,750)*



**MONDY**
*(Rs. 2,990)*





**ROYAL & REGAL**
*(Rs. 2,990)*

**SHAY INT**
*(Rs. 3,800)*



**NuKi**
*(Rs. 5,890)*





**COTTON COLLECTION**
*(Rs. 790)*

# Primal Instinct!

Unleash your inner tribe vibe...

BY KAVEE JAYASURIYA




*PRICES ARE SUBJECT TO CHANGE
PHOTOGRAPHY: PAMOD NILRU




**A – NECKLACE**, Stone 'N' String, Price on request
**B – BRACELETS SOLD TOGETHER**, Backstage at Odel, Rs. 750
**C – BANGLE**, Beverly Street, Rs. 690
**D – NECKLACE**, Aganaa, Rs. 59,300
**E – NECKLACE**, Stone 'N' String, Rs. 1,350
**F – NECKLACE**, Backstage at Odel, Price on request
**G – HEAD CHAIN**, Aganaa, Rs. 14,600
**H – BANGLE**, Beverly Street, Rs. 2,456
**I – NECKLACE**, Cotton Collection, Rs. 1,270
**J – NECKLACE**, Beverly Street, Rs. 1,990
**K – RING**, Aganaa, Rs. 9,600
**L – NECKLACE**, Backstage at Odel, Rs. 950
**M – NECKLACE**, Backstage at Odel, Rs. 1,250

# Style Q&A

**Cause for concern?**
Reach us at
cosmomagsl@gmail.com

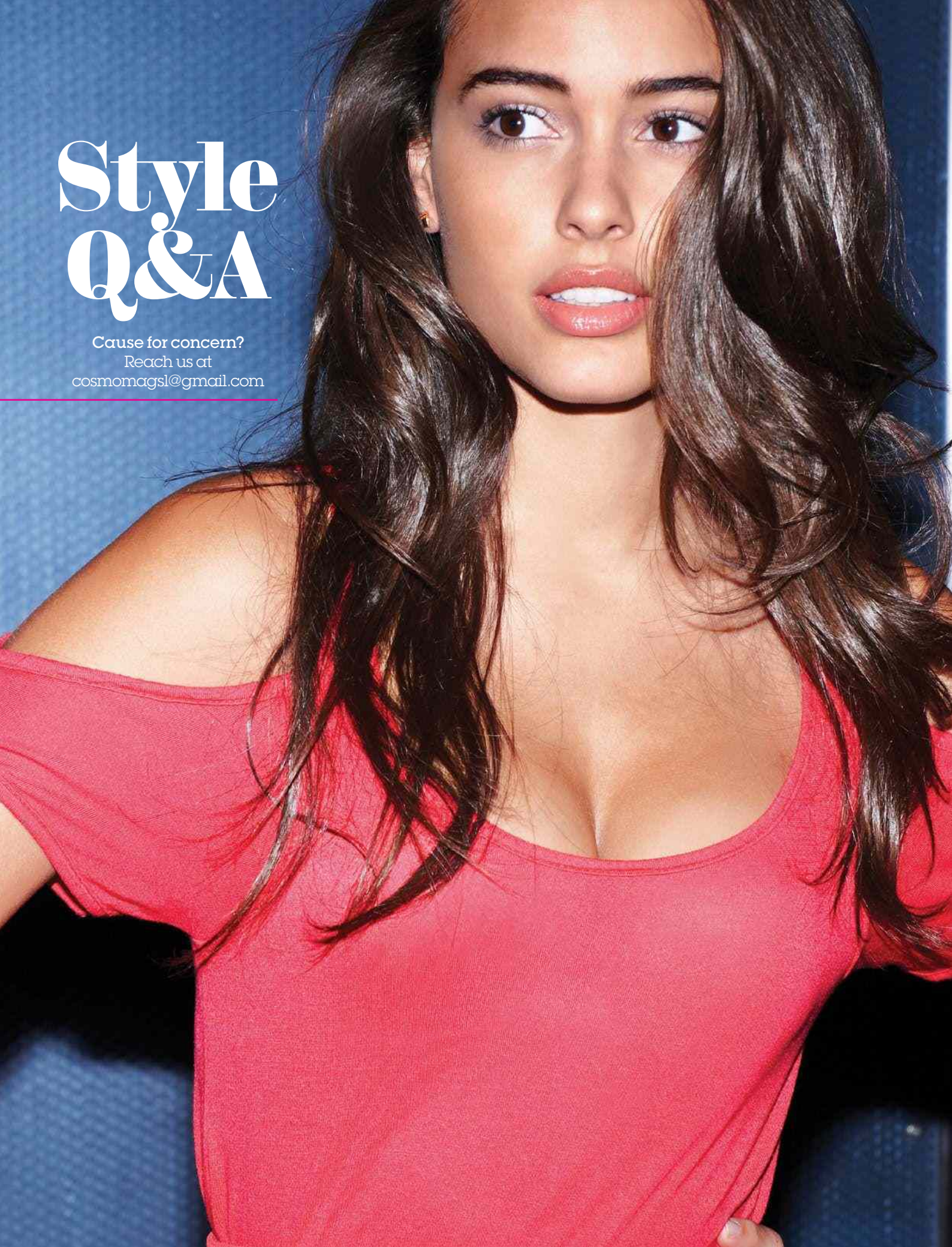




IMAGE: CHRIS CLINTON

**Q I'm 5-foot-nothing. Is there a way for me to wear jumpsuits and gypsy skirts without looking frumpy and extra short?**

**A** In general, 'ankle-length-anything's on us smaller folk is a dicey situation. One quick-fix is wearing a daringly high heel that automatically lengthens your legs and torso, and makes you stand that much taller. It does wonders for us petite peeps. If, however, heels are not your thing, try opting out of the flouncy garments and go for pieces that are clean and streamlined. They'll hug your body enticingly and take out all the drama that's weighing you down. Gathered waistbands are a *huge* plus—lending that extra hand in shaping and contouring the clothes on your body. Or embrace the height and pull out those miniskirts and rompers—and flaunt it with all you've got.

**Q What's the deal with gladiator sandals? I don't know if they're worth the effort.**

**A** Like all statement pieces, there are pros and cons. If you're good with your hands (no pun intended), you'll be able to lace these up like a pro. If it takes you a little longer to get the spacing between the leather straps right, know it gets easier with practice. If you're under 5'5", gladiator sandals pair well with shorter items of clothing, giving you legs for days. If, however, you do have legs for days, lace them up with anything: booty shorts to maxi dresses, they all work well. Either way, the decision is yours to make. But know this: worn correctly, gladiators can make you feel powerful and determined. Bring on the striding.

**Q I've found that there's a rapid rise of the bohemian trend in Colombo, but I don't know how to get with it. Help!**

**A** The bohemian trend seems so effortlessly chic that most of us don't even know where to start. Really, it's under your bed or anywhere that you keep those forgotten loves of your life – the old cottons and blends that you've worn so often they feel like silk. Actually, throw out all the pieces with holes: time to move on, sister. Then, select all pieces with a neutral colour palette: over-stretched tank tops, well-worn shirts, and slightly faded sleeveless blouses and shorts. These will be your base. Now rummage through all your clothes and select a few exceptionally bright pieces: neon sports bras, patterned crop tops, the floral print you swore you'd never wear again. These are your statement pieces. Throw them all on your bed, and begin to mix and match. You'll find combinations you never knew existed that make the pieces look oh-so-fresh. And one more thing—relax. It's the ooze of confidence that really makes the bohemian trend. So throw on a pair of your dad's old shades and go forth, boldly.

**Q Many of the clothes I have require me going braless. I've tried wearing them with my regular strapless bras, but it looks awful. What choice do I have?**

**A** It's no lie – the right bra choice in any outfit is vital, and wearing strapless bras with pieces that require a no bra policy is downright anxiety-inducing. Generally, go by the mantra: the tighter the better. The more structured your braless clothing, the easier it is to let your boobs be free with minimal bouncing and uncomfortable jiggling. If, however, your garments are skimpier, try using tape to stick your clothes to your chest. But beware: the excess heat and humidity can result in the loosening of tape, especially if you do what we did and substitute actual body tape with double-sided Scotch tape. This, girls, is a no-go. Overall, we love paper or cloth pasties to avoid nip-slips. Want to go all out? Invest in a pair of silicone pasties: they keep boobs looking upright and va-va-voom.

**Q I love wearing thongs, but they make me so itchy. I always have to excuse myself and run to the ladies' room to make it stop. Is it just me?**

**A** Lady, no. It's absolutely not just you.For all their sex-me-up qualities (bless them, they do have many) and their ability to disappear under almost all types of clothing, thongs and G-strings can be unendurable. The skin between your buttocks is extremely sensitive, and constant one-on-one contact can cause redness and itching. Some women, over the course of time, have become immune to this itchiness. Others never really can. To avoid serious spells of the itches, try to avoid wearing thongs on consecutive days. When you take them off at the end of the day – which you *really* should to give your a** a break – take a long, warm shower and then moisturize. But if the itchies are too bad to control, lay off thongs entirely. Seamless panties work exactly the same way and guarantee less itchiness. And don't be fooled – it's possible to be sexy with seamless.

**Q I'm ready to invest in a good piece of jewellery. Do I go all out and buy a piece with precious stones or do I go the arguably more fashionable semi-precious route?**

**A** Well, first of all, congratulations! Investing in your first piece of jewellery is HUGE, regardless of the stones that comprise the item. At this point in time there is a negligible price difference between high quality precious and semi-precious jewellery. So let's assume that price isn't the deciding factor. To be honest, it comes down to the piece itself. If there's one that catches your eye and makes you swoon at the knees, then that's it. Jewellery is very much about personal taste, so don't second-guess yourself too much – listen to your gut. Of course, before you absolutely confirm the piece, remember to triple check the gradation of the stones (this is everything), the strength of the clasps holding the stones in place, any staining on the metal and after-sales service. Lastly, please feel fabulous every time you wear this piece.

# CELEBSPIRATION

## THE BUCKET ~~LIST~~ BAG(S) YOU NEED WHEN YOU'RE ON-THE-GO

Are you a dunk and depart kind of girl? Or do you prefer your handbag items neatly packed together? Whatever your type, we think you'll go crazy for bucket bags and you have Mansur Gavriel to blame. The brand's ALWAYS-sold-out signature bucket bags have revolutionized our handbag wish-list and caught the eye of many of our favourite celebs. Looking for something a little more shishi? MaxMara's newest polished leather mini-me will have you imagining strolling the streets of Roma in pursuit of the next apéritif. Love the bucket trend but don't think it's quite you? Pick up a Louis Vuitton bucket-bag lookalike. Um, what do we mean? It looks like an oversized bb, but wears like a tote. Problems solved? We think so.



WE SPOTTED UBER-CHIC **SIENNA MILLER** ON A COFFEE STROLL IN NEW YORK – AND WE BET HER GORGEOUS ROSE-COLOURED BAG IS ROOMY ENOUGH FOR PLAYTHINGS AND POUCHES.



MAX MARA S/S 2016

For a more playful look, switch to a textured Cavalli mini with details that'll make you want to throw it in the air like you just don't care.



**ALESSANDRA AMBROSIO** never goes shopping without her famed bucket bag – perfect for those little grocery items you just don't want to lose.



LOUIS VUITTON S/S 2016



Need an all-purpose gym bag? **KIRSTEN DUNST** swears by her bb when she works out – and this lady ALWAYS looks glam.

FUN, FEARLESS FINDS

# SPRING FOR A STEAL!

Compiled by **Kavee Jayasuriya**

Scatter your wardrobe with this season's hottest budget-friendly deals!

**TOP**
*13.31*
*(Rs. 2,250)*

**DRESS**
*Shay Int*
*(Rs. 4,000)*

**SHORTS**
*Beverly Street*
*(Rs. 1,200)*

**DRESS**
*Beverly Street*
*(Rs. 1,190)*

**DRESS**
*13.31*
*(Rs. 2,450)*

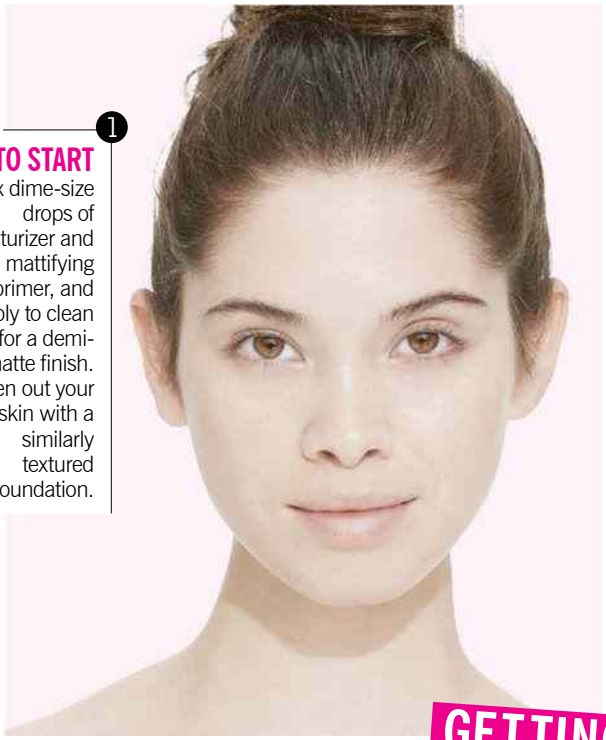
**KEY TAG**
*Odel*

**SHORTS**
*13.31*
*(Rs. 2,490)*

**TOP**
*Shay Int*
*(Rs. 1,500)*

**CLUTCH**
*Odel*
*(Rs. 3,450)*

*PRICES ARE SUBJECT TO C
PHOTOGRAPHY: **PAMOD NILROY**IMAGE: GETTY IMAGES FOR JINGLE BALL 201



1
**TO START**
Mix dime-size drops of moisturizer and mattifying primer, and apply to clean skin for a demi-matte finish. Even out your skin with a similarly textured foundation.



2
**NEXT UP**
Sweep on translucent powder with a fluffy brush. This prevents bronzer (the next step) from streaking. Comb brows up and out, and fill in gaps. Sculpted arches enhance a contoured, defined face.

GETTING READY

# Hello, Cheekbones!

Fake sexy definition in just a few steps — Dior make-up artist Ricky Wilson shows you how.

BY LONI ALBERT

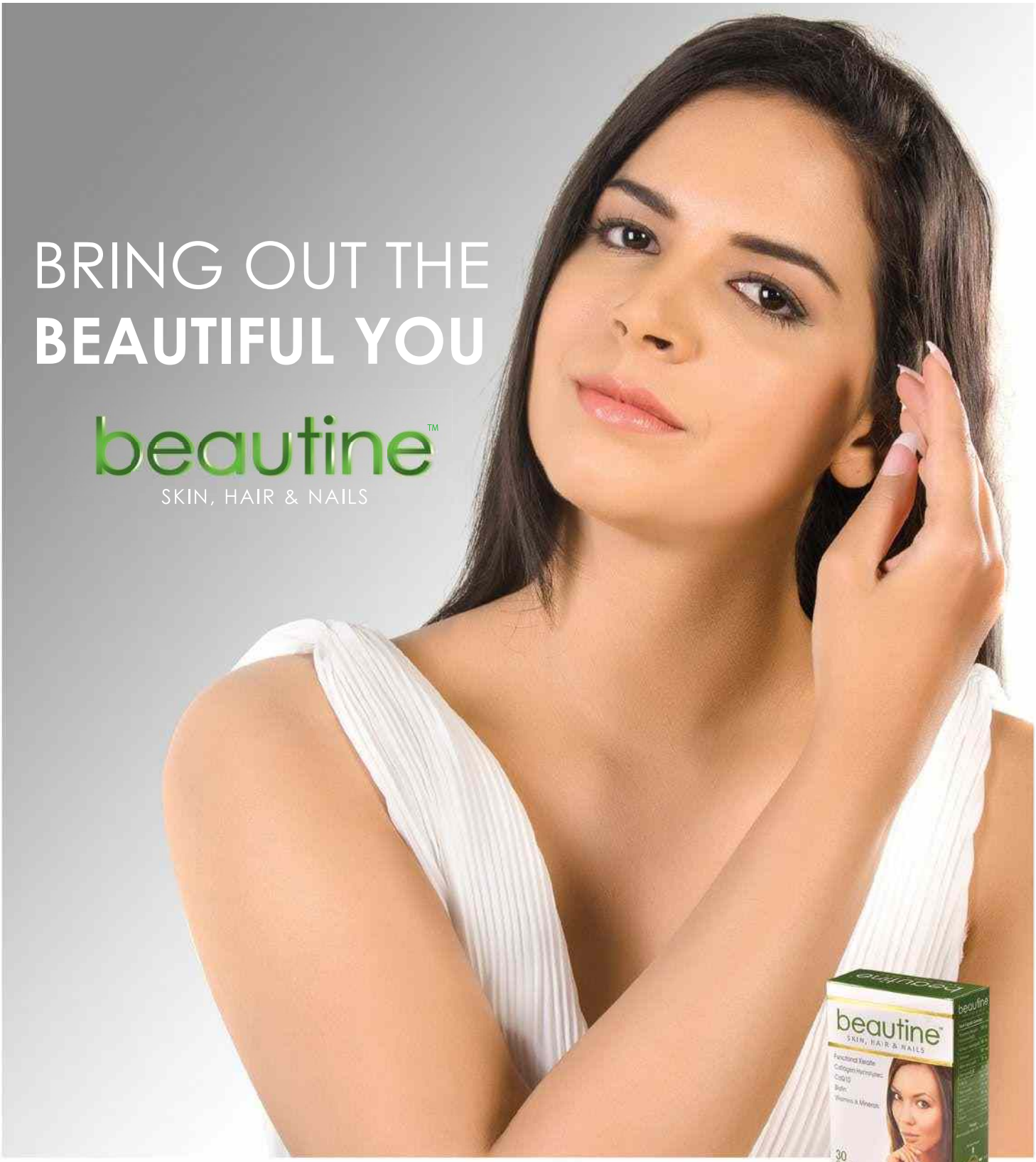


3
**ALMOST DONE**
With an angled blush brush, trace matte bronzer along cheekbones. Then tap highlighter from temples to the midpoint of the lower eye bone. The contrast makes cheekbones pop.



4
**FINISHING TOUCHES**
Subtle eyes keep the focus on your cheeks. Run black liner directly over the roots of your upper lashes and along lower inner rims. Finish with mascara and creamy nude lipstick.

PHOTOGRAPHY: **PERRY HAGOPIAN** | MAKE-UP: **RICKY WILSON FOR DIOR** | HAIR: **MATT FUGATE AT THE WALL GROUP** | MODEL: **GIZA AT ONE MANAGEMENT**




Beautine is a brand of beauty capsules specifically formulated with key ingredients & scientifically proven to visibly transform your Skin, Hair & Nails.

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# SCENTS & SENSIBILITY

Picking the perfect per
(and keep) his attentio
business. That's why w
legwork for you. Here ar
fragrances that will have
your business (in the bes
possible way)!

**A. CHLOÉ LOVE STORY:**
If your man hasn't yet taken a step
the right direction, then this floral,
fresh and sexy scent will definitely
point him there. The heart of this
scent happens to be Stephanotis
jasmine, which is quite often used in
wedding bouquets—a little hint
never hurt anybody…
***Rs. 10,600***

**B. DOLCE BY DOLCE&GABBANA:**
With white amaryllis, narcissus and
white water lily, this fragrance is
both sensual and feminine, which
makes it perfect for a daytime romp!
With subtle aquatic floral notes, this
is a great perfume if you prefer
wearing fresh scents on dates.
***Rs. 15,600***

**C. OLYMPÉA BY PACO RABANNE:**
If you want to maintain a balance of
both sweet and seductive, then this
is the scent for you! Olympéa's
lingering fragrance has both floral
and oriental elements and is a great
choice for a hot day-date.
***Price On Request***

**D. MISS DIOR CHÉRIE
BY CHRISTIAN DIOR:**
Has an interesting blend of wild
strawberry, patchouli leaves, violet,
mandarin, musk AND jasmine! It's a
classic and clean scent, which
means it's perfectly suited for an
elegant evening date with your man
of the moment!
***Rs. 16,450***

**E. LACOSTE POUR
ELLE SPARKLING:**
This fruity and sweet perfume is
perfect for an outdoorsy or sporty
date. Pair it with an edgy outfit to
create a fun contrast! A little goes a
long way, so try spraying it only on
your wrists and the back of your
neck so as to not overwhelm
your date.
***Rs. 10,400***






**F. LA VIE EST BELLE BY LANCÔME:**
With patchouli and orange blossom notes, it makes a great feminine date night fragrance! Spritz it in the air and walk through it so that it lightly coats your entire body—we're pretty sure it'll make him stay (very, very) close.
*Rs. 17,200*

**G. VERSACE CRYSTAL NOIR:**
This floral-oriental scent is both sensual and delicate. With notes of gardenia and amber, it'll help you give off a sexy and mysterious vibe — a perfect dinner perfume. Just spritz it on your pressure points and get ready for a heady date.
*Rs. 10, 800*

**H. BLACK OPIUM BY YVES SAINT LAURENT:**
With notes of coffee, vanilla and jasmine, this deep and intense feminine scent is a date night staple, and it's not hard to see why. Intoxicating, suggestive and sexy, it'll make you ooze sex appeal. One whiff and he might want to skip dinner for dessert.
*Rs. 14,000*

**I. VIKTOR & ROLF FLOWERBOMB:**
A perfect any-time-of-day date fragrance. This oriental floral perfume with its top notes of green tea and bergamot and heart notes of orchid, rose, jasmine and freesia is sure to fire up his dragon.
*Rs. 14,000*

**J. BOSS NUIT BY HUGO BOSS:**
This feminine and sensual fragrance with its top note of white peach makes it one of the Cosmo team's go-to date night perfumes! Just add your favourite LBD to the mix and he won't be able to resist all the sophisticated sexy thrown his way!
*Rs. 9,750*

**K. ARMANI CODE POUR FEMME:**
Orange blossom, spicy notes of ginger and sandalwood make this a perfect romantic option! Its seductive and alluring scent is on point if you want a sexy and steamy night out…or in.
*Rs. 14,200*

***A, B, D, E, G, J:*** *Available at both Exclusive Lines and The Parfumerie*
***F, H, I, K:*** *Available at Exclusive Lines*
***C:*** *Available at The Parfumerie*

THE SKINNY ON...

# SUGAR FACE

OOC breakouts? Fine lines rolling deep? rolific sweet tooth could be to lge *and* counteract carbs' th these secrets.



## STICKY BUSINESS

Cookies and cake aren't just bad news for skinny jeans. In a process called glycation, sugar binds to skin's proteins and lipids, altering them to form advanced glycation end-products (or AGEs) — mutant molecules that warp your collagen and elastin, responsible for giving skin its dewiness and bounce, says Nicholas Perricone, MD, who studies the impact of food on ageing. They also hitch onto blood vessels, preventing nutrients from nourishing skin, says Manhattan derm Macrene Alexiades-Armenakas, MD. In the end, "skin starts to wrinkle, look dull and lose tone," says Dr. Perricone. AGEs, indeed.

Premature ageing isn't the only concern. "High carb intake is associated with a spike in oil, increasing your chances of adult acne," says Dr. Alexiades-Armenakas.

## SUGAR CRASH

A few cookies won't kill complexion. But as memory,

## SWEET SPOT

Both docs subscribe to the 'everything in moderation' philosophy, but recommend cutting back on refined (aka white) sugars. To indulge without feeling sugar-shamed:

▶ "One treat a day is fine," says Dr. Alexiades-Armenakas. The recommendation is around 6 teaspoons of [or 100 calories from] sugar. Read nutrition labels and download the MyFitnessPal app—it's an amazing resource. You'll find innocuous foods, like a store bought green smoothie, can have up to 10 teaspoons of

▶

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ases, spur collagen
and elastin.

IMAGE: ISTOCK BY GETTY

# YOUR PERFECT MAKE-UP BAG

Never sure of what to put in your cosmetics pouch? We've got you covered! Here are three collections every girl needs to have to guarantee looking on point all day, errday.




**Brow Game Strong**

What's great about brow gel is that you don't have to be too careful or precise, as you would have to be with a browpencil or pomade. It'll not only fill up your brows, it'll also keep them in place at the same time! **Benefit Gimme Brow,** *www.asos.com; Rs. 3,450*

**Bold Is Gold**

Keeping a statement lipstick within close reach is never a bad idea! It's the easiest way totake your lips from day to night. **Lancôme L'Absolu Rouge Lipstick in Rose Noire,** *Exclusive Lines; Rs. 6,600*

**Fancy A Flutter?**

One of the easiest ways to convert a look from day to night is to up your eye look. Keep it handy to add oomph to your lashes if and when you feel like it. **L'Oréal False Lash Flutter Mascara in Black,** *www.amazon.co.uk; Rs.2,305*

**Eye Me**

A felt-tip liner is always a great option. It's easy to use on the go, and you won't have to worry about discovering a blunt point as you would with an eye pencil. **Givenchy Line Couture Felt-tip Eyeliner,** *The Parfumerie; Price on request*

**Conceal, Don't Reveal**

Super handy when you need to touch up throughout the day! No need for a con-cealer brush, just use your index finger and dab away! **Lancôme Le Correcteur Pro Concealer,** *Exclusive Lines; Rs. 7,650*

## THE BASICS BAG

These products are must-haves for even the most low-maintenance gal!




# THE HOT DATE BAG

These subtle-yet-glam pairings will get you his full attention—GUARANTEED.

**1.** In case the nerves bring out the sweats, keep a compact handy to take away any extra shine. Nervous, you? Never! **Yves Saint Laurent Powder Compact Radiance,** *Exclusive Lines; Rs. 9,800*

**2.** Carry along a mascara that gives your lashes some extra volume; he won't be able to look away! **Givenchy Noir Couture Volume Mascara,** *The Parfumerie; Price on request*

**3.** A perfect date night pink.Choose one that gives your lips a smooth and silky finish—you never know when you're gonna be needing them. **Rimmel London Moisture Renew lipstick in Vintage Pink,** *www.asos.com; Rs. 1,365*

**4.** Use just a hint to create a healthy pink glow, or use as a perfect date-night eyeshadow! **Bobbi Brown Blush in Cranberry,** *www.bobbibrowncosmetics.com; Rs. 4,025*




# THE GIRLS NIGHT OUT BAG

This collection will have heads constantly turned your way during your next night out

**1.** Great for touch-ups—choose a palette that has a good selection of both neutral shades and pop of colour so that you can adjust your look for wherever the night takes you! **Yves Saint Laurent Couture Palette,** *Exclusive Lines; Rs. 10,800*

**2.** Super useful to have in hand, if you want to up your highlighter game as the night progresses. **NARS Illuminator in Orgasm,** *www.asos.com; Rs. 4,820*

**3.** Red lipstick and GNOs go hand in hand. So keep it handy for when you need to touch up between margaritas. **Givenchy Le Rouge Lipstick,** *The Parfumerie; Price on request*

**4.** Makes sure you look flawless even while dancing the night away. **Lancôme Effacernes Longue Tenue,** *Exclusive Lines; Rs. 6,250*

PHOTOGRAPHY: **PAMOD NILRU**




1. EOS Lip Balm in Blueberry
2. Clinique Pop Lip Colour + Base in Nude Pop
3. Lancôme HypnôseMascara
4. MAC Burgundy Lip Pencil
5. MAC Ruby Woo Lipstick
6. Forever 21 Nail Colour in Sophisticate
7. MAC Studio Fix Powder plus Foundation
8. Revlon Super Lustrous Lipstick in Love That Red

"Ruby Woo is life. It's my all time fav red lippy—and it's so versatile!" ***Kavee***

# WANT MO… MAKE…GS?

We know you do. So we got some of our extra glam editors to open up their pouches for you.




"Never leave the house without it. One quick swipe and you're good to go." ***Sakina***

16. MAC Personalized Eyeshadow Quad
17. Miss Dior LeParfum
18. MAC Huggable Lip Colour in Necessity
19. Dior Addict Gloss in Dormeuse
20. Refresh eye drops
21. Sephora Retractable Waterpoof Eyeliner in Glitter Black
22. MAC SuperslickLiquid Eyeliner
23. MAC Verve Lipstick
24. L'Occitane Lavande Hand Cream




9. MAC Up the Amp Lipstick
10. Laura Mercier Tinted Moisturiser
11. Tom Ford Velvet Orchid
12. L'Oréal Superliner Blockbuster
13. Bobbi Brown Everything Mascara
14. MAC Select Moisturecover
15. NARS Pure Matte Lipstickin Terre De Feu

"One of the best purchases I've ever made. Talk about a multi-tasker!" ***Natalie***




***Marc Jacobs Decadence, Exclusive Lines,*** Rs. 11,000

Sexy and sophisticated—Decadence really lives up to its name. We'll be wearing this the next time we want to turn a few heads!

***MAC Extra Dimension Eyeshadow,*** Rs. 2,870

Dark and electric blues are making a huge comeback—and we're all about these two uber pigmented shadows!

***Clinique 'All About Eyeshadow' Quad in Lunar,*** Rs. 4,085

***Victoria's Secret Strawberry Fizz Flavoured Lip Scrub,*** Rs. 1,435

Good enough to eat...

***Tory Burch Eau de Rollerball,*** 2

***Urban Decay Afterglow Powder Blush in Rapture,*** Rs. 3,730

***MAC Cremesheen Glass in Narcissu***
s. 2,870

ple lips were huge last year, and e's no reason to not keep the going in 2016! We die for the tency of

***Bobbi Brown Extreme Party Mascara,*** Rs. 4,012

This mascara really does live up to its name! We love the way it gives our lashes heaps and heaps of volume, and doesn't clump!

***Bobbi Brown Extra Illuminating Moisture Balm,*** Rs. 10,890

We love the feel of this rich, luxurious moisturizer. Gives your face the perfect dewy glow!

***n Cardam***
***ce Hand Cream,***
s. 1,900

eaven for you
s super soft a
xture makes you
nds very, very h

*PRICES ARE SUBJECT TO CHANGE
COMPILATION: **NATALIE WIJEWARDENA** | PHOTOGRAPHY: **PAMOD NILRU**


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# THE 21 BEST BEAUTY TIPS AND TRICKS (YOU'RE WELCOME!)

BY NATALIE WIJEWARDENA



PHOTOGRAPHY/IMAGES: DENNIS GOLONKA, J MUCKLE, JEFFREY WESTBROOK/STUDIO D, ISTOCKPHOTO

## 1.

Make sunscreen your best friend! Too much exposure to the sun can cause some serious damage to your skin, ranging from discolouration to pealing. So do yourself a favour and invest in either a moisturizer with SPF in it, or a face and body sunscreen that has a SPF of 30 or more.

## 2.

Get (well) acquainted with primer. It's come a long way since its introduction into the make-up circuit. If you find that your make-up — especially your concealer or foundation — never lasts for longer than a couple of hours or that you have a problem concealing enlarged pores, you need some primer in your life! Try **LANCÔME LA BASE PRO ERASER**, an instant oil-free pore minimize. (*Rs. 8,750 at F... Lines*)



## 3.

If you fi... concealer ...ds to crease, apply a thick eye cream beforehand. Its sticky consistency is perfect for holding on to a product for extended periods. When applying your concealer, use light tapping motions to get the product to stay in place. Dab the product lightly with your ring finger, and then proceed to tap it into place with a concealer brush.

## 4.



Dark circles? Before you apply your foundation or concealer, apply a salmon or orange tinted corrector over any dark areas or pigmentation you may have and it will blend in beautifully. **(TRY THE NYX CONCEALER IN ORANGE**, *Rs. 720 at www.nyxcosmetics.com*)

## 5.

Add a drop of liquid highlighter to your foundation! It'll give your skin a dewy finish, making it seem like you're glowing from within! Why not try **STILA STAY ALL DAY 10-IN-1 HD ILLUMINATING BEAUTY BALM WITH SPF 30.** (*Rs. 5,571 at www.cultbeauty.co.uk*)

## 6.



Have you had your mascara for more than three months? THROW IT AWAY (please).

## 7.



Matte lips are very in at the moment (Thanks King Kylie!) For a quick DIY matte lippy, just apply your normal gloss lipstick and line your lips with a matching lip liner. Blot the gloss off by pressing a tissue to your lips, and finally use a make-up brush and apply translucent powder over your lips. Voila!

## 8.

Make your lippy last all day by placing a tissue over your lips and lightly dusting some translucent powder over it.



## 9.

If you've r... of make-up remover, virgin coconut oil does an equally good job. It also works great as a face cleanser or hair masque, and even as a moisturizing body lotion... Need we say more? Try **KO LE BEAUTY VIRGIN COCONUT OIL.** (*Rs. 400 at the Good Market, Colombo*).

## 10.

If you want to really bring out the pigment in your shimmer eyeshadow, dip your eyeshadow brush into eye drops before applying it. However, you might want to avoid this technique if you opt to go with a matte eyeshadow.

## 11.

If you're late for work or rushing somewhere from the gym, and you don't have time to shower (no judgement, ladies!)... spray some dry shampoo on to your roots. It'll absorb all the grease and sweat, making your hair look as good as new. Failing which, keep some baby powder handy. Sprinkle a little onto your palm and massage it into your roots.

## 12.

Running late but your nails look like an absolute disaster? Dip your hands in cold water as soon as you finish applying your polish. It'll make your nails dry faster and prevent any smudging.

## 13.



Exfoliate your lips with a baby's toothbrush. It'll remove any dead skin and make your lipstick or gloss go on much smoother. You could also try making a DIY lip scrub by mixing brown sugar with honey and virgin coconut oil.

## 14.

Can't find a matte overcoat? Hold nails over boiling water for a few minutes, and the steam from the water will make the finish go from gloss to matte. #SCIENCE

## 15.

Stop your red lippy from bleeding by applying concealer around the outer corners of your lips with a thin concealer brush. This will also help highlight your lips, making them stand out. Double whammy.

## 16.

Nobody likes cake-face (unless it's really cake... on our face. Red Velvet please). To avoid applying too much product, mix your foundation (or concealer if you need more coverage) with your moisturizer. You'll use less product and still be able to achieve a flawless finish!



## 17.

Place an ice cube in a handkerchief and run it over your face a few times. It'll make your skin feel tighter and fresh. Botox schmotox!

## 18.

If you have a hard time keeping your hairdo in place, spray your hair grips with hairspray before using them. It'll stop the grips from getting loose, making your up-do stay in place all day (or night)!

## 19.

If your eyebrows never want to stay in place, try brushing them with some hairspray on a brow brush...can you say, "brows on fleek?"

## 20.

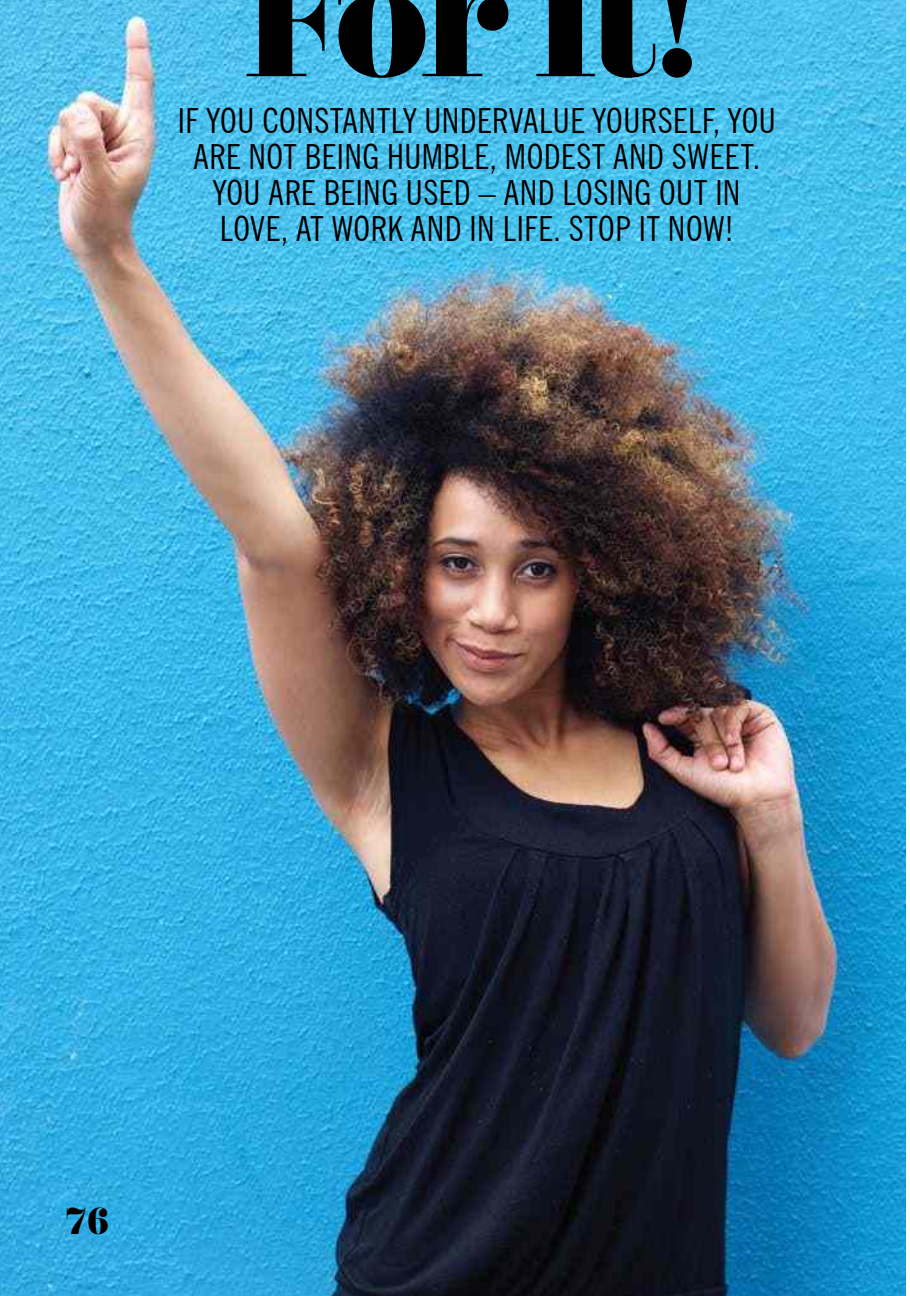
Apply beige or white eyeliner on your waterline. It'll make your eyes look much bigger and make them pop.

## 21.

If constant use of nail polish has your nails looking severely discoloured, use a nail whitening cream to get them back to normal. **(CUCCIO NAIL WHITENING PASTE** *is available at the Nail Anatomy at Rs. 1,400*)

# Know Your Worth And Ask For It!

IF YOU CONSTANTLY UNDERVALUE YOURSELF, YOU ARE NOT BEING HUMBLE, MODEST AND SWEET. YOU ARE BEING USED – AND LOSING OUT IN LOVE, AT WORK AND IN LIFE. STOP IT NOW!



In an age in which every blogger seems a diva and everyone on Twitter is a game-beater, it can feel hard to measure up. But a sense of self-worth is essential. "If you don't take responsibility for your happiness—for discovering your core needs and desires, and expressing and addressing them to those you love and work with—you can't be fully yourself," says clinical psychologist and assertiveness trainer Ian Lipman.

If your relationships are more about fulfilling the priorities of others than your own, then the balance is skewed adds Belinda Perrow, a counselling psychologist and couples coach. "When one of you over-functions, for example by becoming emotionally demanding, the other tends to under-function and distance him or herself—and vice versa." Sooner or later this triggers a fight-or-flight stress response, she warns, which can cause disengagement and depression, or rebellion and a relationship meltdown. Stop now!

## ESTABLISH YOUR WORTH

### EXAMINE YOUR PAST

Poor self-worth may be linked to trauma or to feeling under deserving as a child, says Lipman. Suppressing your needs for fear of a parent's rejection, worrying more about your parent's needs than yours, blaming yourself for being unlovable instead of them for not being loving can become a habitual way of thinking. Cognitive Behavioural therapy can help change that, so get professional help.

### EXAMINE YOUR CURRENT BEHAVIOUR

If you feel guilty taking more than you think you deserve, you will take too little, Lipman says. Gender expectations can feed this—traditionally, women repress their demands to please others. But pleasing can easily become self-neglect. Choose to change.

### DROP THE MASKS

"Cultivating your worth means connecting with your true essence," says life coach Alison Hurt. "When we peel away the masks we wear and are no longer afraid to face our authentic selves, we start to get a sense of self-worth and can begin to honour that."

### TAKE RESPONSIBILILTY

"Know that when we truly begin to think for ourselves, take responsibility for our choices and always take our own needs and feelings into consideration, we have self-worth," Hurt says.

WORDS: GLYNIS HORNING IMAGE: ISTOCK BY GETTY

## BECOME A SELF-OBSERVER

"Notice how you speak to yourself – the language you use should be the same as you'd use to comfort a friend," says Hurt. "If you're in the habit of berating yourself and calling yourself a 'loser' or 'idiot', stop. Watch out for constant apologizing, needing feedback, questioning compliments and focusing on your perceived flaws. No more!

> "IT'S BEING CLEAR, OPEN AND HONEST ABOUT YOUR FEELINGS AND NEEDS, AND BELIEVING YOU HAVE A RIGHT TO THEM," SAYS HURT. IT'S NOT ABOUT DEMANDING WHAT YOU'RE WORTH, WHICH CAN PUT OTHERS OFF, OR BEING PASSIVE-AGGRESSIVE (SARCASTIC, PATRONIZING, SULKY), WHICH CAN LEAVE THEM CONFUSED AND RESENTFUL.

## TAKE CARE WITH COMPROMISE

A degree of compromise is vital in all relationships, but if you're constantly giving more and more frequently, beware. "If the demands are unreasonable, you will be reinforcing negative behaviour and encouraging the other person to keep pushing," says Lipman.

## CULTIVATE SELF-AWARENESS

" This feeds self-management, which impacts on decision-making and better choices, leading to a sense of self-empowerment and ultimately a sense of self-worth," says Hurt. Fuel this by reflection, she advises – meditate "even just 10 minutes a day," get into nature, take self-development courses, listen to inspirational CDs or podcasts, or keep a journal. Keeping a journal or blog, and reviewing it, can also be a powerful indicator of how you have overcome difficulties in life, adds counseling psychologist Lisa Grant-Stuart. "So can updating your CV regularly – do it."

## OPEN UP

"Being vulnerable by allowing supportive others to 'see' you, warts and all, is the primary exercise in self-enhancement and resilience," says Grant-Stuart.

## REACH OUT

Strengthen your sense of worth by rising to new challenges, mastering a new skill or trying a new hobby, or by getting involved with a local charity. "Not only will it give you perspective on your life, but altruistic acts promote self-esteem," says Grant-Stuart.

## INSPIRE YOURSELF

List several personal attributes and achievements that highlight your self-worth and keep them on your phone for when your inner critic creeps into your thoughts, Grant-Stuart suggests. "Rid your life of people who drain your positivity. Allowing others to control your mood is very disempowering," she says.

## PRACTICE

Use a mirror – or practice with the BFF who keeps borrowing your clothes without returning them or never pitches for drinks on time. Practice staying calm, looking directly at the person and keeping an open posture. Stand your ground and keep your tone firm but calm. Say how you feel and express your need, being as specific as possible. If it's punctuality you want, remind your BFF exactly how late she's been and how it makes you feel; if it's a raise from your boss, name a sum and what you've achieved to deserve it. You have the right to ask for what you want and be treated with dignity. You're worth it!

## UNDERSTAND WHAT IT ACTUALLY MEANS TO BE ASSERTIVE

"It's being clear, open and honest about your feelings and needs, and believing you have a right to them," says Hurt. It's not about demanding what you're worth, which can put others off, or being passive-aggressive (sarcastic, patronizing, sulky), which can leave them confused and resentful. "It's based on respect for and tolerance of others," she says.

## GIVE POSITIVE REINFORCEMENT

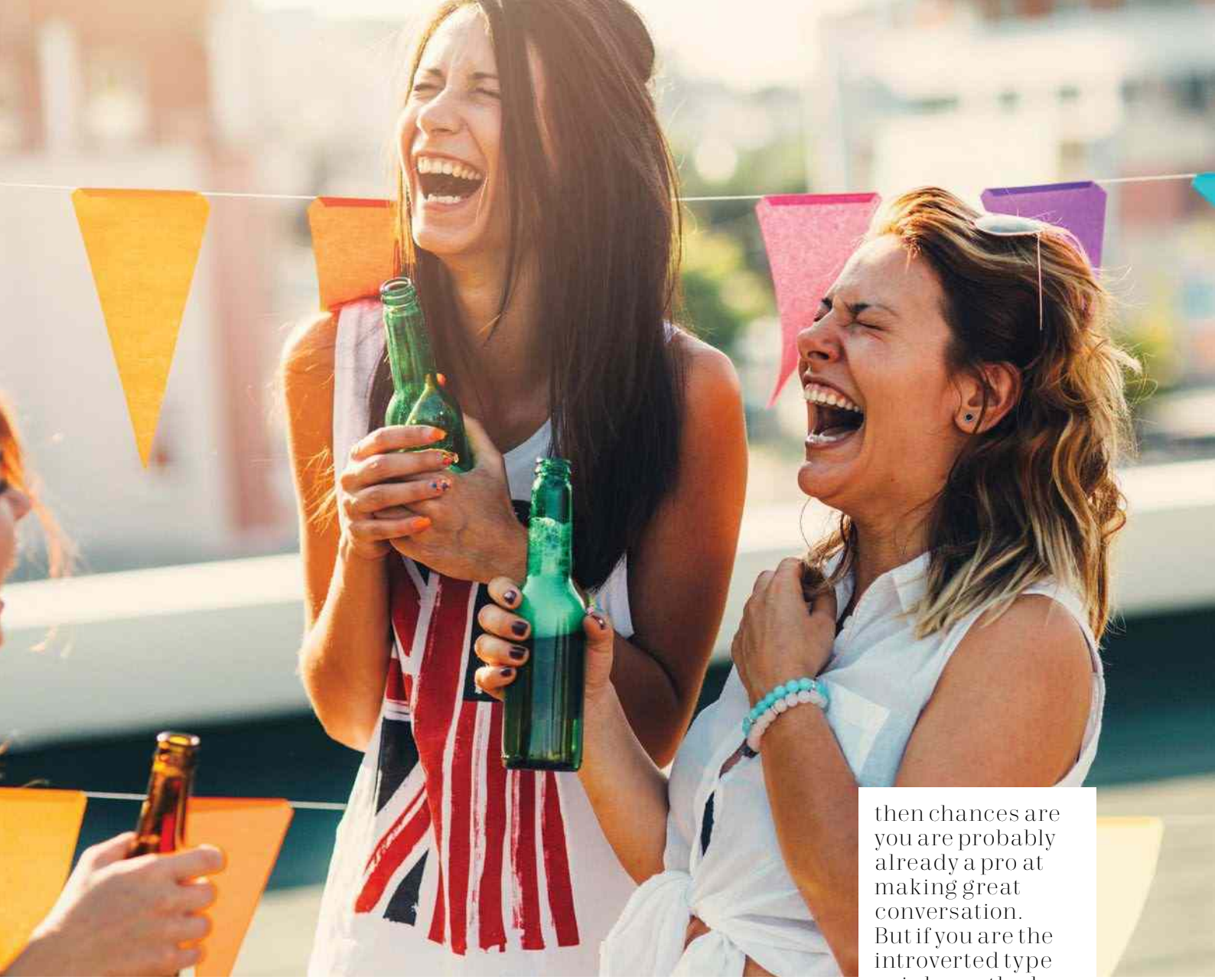
Thank people when they concede, to encourage them – you are training them how to treat you.

## START TODAY

Sitting around, waiting and hoping for others to recognize your worth and give you what you know you deserve does not work.

## HAVE A BOTTOM LINE

Decide it in advance, and if it's not met be prepared to make a move – one way or another. Remind yourself that by staying when you are not given what you are worth will be depriving yourself of the compound interest that will build up over the years, whether it's from higher earnings or a richer love life. Rewards in everything from relationships to work are calculated as a percentage of your 'base salary' – your perceived worth as a friend, lover, employee. If you don't work at being and projecting your best self, and don't insist on getting the best terms from the start and regularly negotiate them upwards, you're losing out. Big time.



# Become a Pro at Having Great Convos

Some of us like to talk and some of us don't, while some find it difficult. Striking up conversations with strangers can be challenging and awkward. However, it is one of the most interesting things that you can do, and it is also how you find great friends and make good connections. If you're a social butterfly at heart, then chances are you are probably already a pro at making great conversation. But if you are the introverted type or inherently shy, then putting yourself out there and making conversation with people, especially strangers, may be something that gives you the jitters.

Fear no more! We have put together a few tried and tested techniques on how you could become great at having good conversations and making new friends. Read on for some interesting tips.

## LET YOUR BODY TALK

Rule number one is that you must pay attention to what your body is saying to others. Usually your body will talk long before you actually say anything. The way you stand, walk, and your facial expressions, including the general air about you, is usually what others will first notice. Therefore, it's important that you maintain a positive and friendly image so that others could easily approach you.

In his book How to Start a Conversation and Make Friends, conversation and networking expert Don Gabor advises you to stick with a formula that he coins 'SOFTEN' (smile, open posture, forward lean, touch, eye contact and nod). So, if you were to follow this formula whenever you meet someone new, you would smile naturally, make open gestures and not do things like cross your arms in front of your chest while talking, but lean in slightly because this expresses an interest in the person. You would also try to shake hands firmly at the beginning and end of the conversation, plus try to make eye contact with the person during the conversation, while nodding and acknowledging what that person is talking about from time to time. It's another way of saying, "Yes! I hear you."



## LOOK OUT FOR CONVO STARTERS

The easiest way to start a convo is to talk on something general. It could be about the party that you're at, music that's playing, the food and drinks and so on. Compliments can also work well and lead to more conversation..."That's an awesome handbag you're carrying. Is that something you bought locally?" or "I love the colour of your lipstick. May I know what brand it is?"... you get the drift. Try to make these questions open-ended so that you leave room for more conversation.

## PAY ATTENTION AND PRESS 'HOT BUTTONS'

By 'hot buttons' we mean little personal topics that come up in conversation from time to time, but could easily go unnoticed if you are not paying attention. For example, going back to our handbag convo, she might reply to your compliment by saying, "Thank you, I purchased it when I was visiting New York a few months ago." There's a possible 'hot button'... she travels! So your next question could be something like, "That's wonderful, do you travel overseas often?" and this would open up a brand new topic of conversation.

## SHARE INFO ON YOURSELF

A good conversation is a two-way experience where you are not the only one asking all the questions. Keep in mind that just as you are looking out for 'hot buttons', so is the other person. Think about the kinds of info you can provide that would enable her to ask easy questions. If your potential friend is interested in getting to know you, she will be curious about you, too.

## TRY TO FIND MUTUAL CONNECTIONS

One thing that makes people comfortable quickly with strangers is if they discover you have a mutual friend.Therefore, it's always good to talk about workplaces and colleges, because chances are that it will lead to some mutual friends or acquaintances.

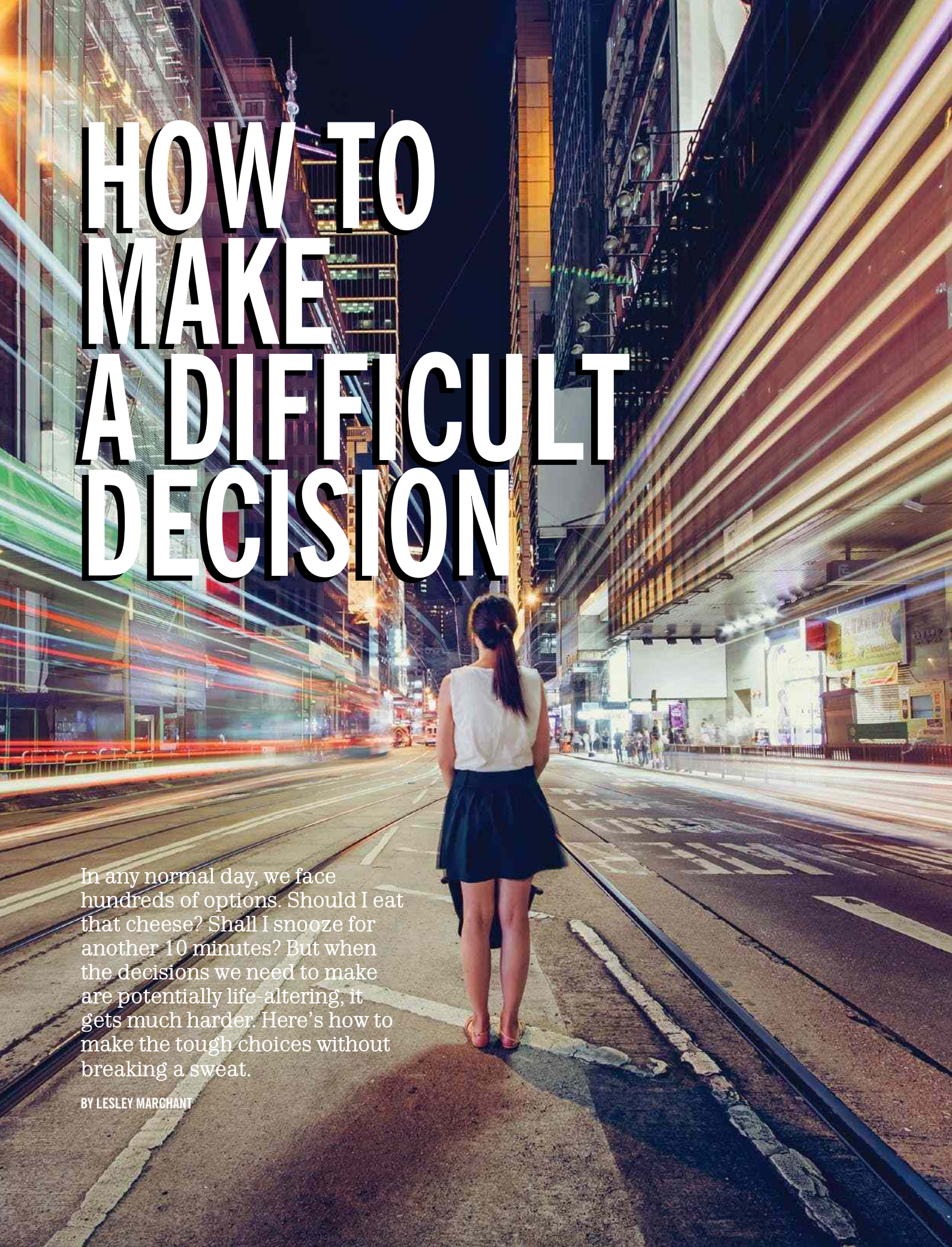
## BE GENUINE

More often than not, people are intelligent enough to figure out whether someone's being genuine or fake. So it's always best to paint the truest picture of yourself and not exaggerate any facts. For example, don't say you love dogs if you don't, or that you love hanging out at lounge bars in the evenings when in reality you would rather curl up with a good book. While it's great to have mutual interests, there are plenty of great friends out there who are poles apart, but still get along like a house on fire.

## CREATE WAYS TO RECONNECT

At the end of a good conversation when you have that feeling that everything 'clicked', it is important to find ways of reconnecting later. If you met at a business setting, it could simply be a matter of exchanging business cards. If it's at a party or social gathering, you could say "So how do I get in touch with you?" and ask for a phone number, or check whether you can connect via Facebook or similar social media. If you would like to cultivate the friendship, it's important to reconnect within a week or two of meeting.

WORDS: TREVINA ABEYESUNDERE | IMAGES: ISTOCK BY GETTY



# HOW TO MAKE A DIFFICULT DECISION

In any normal day, we face hundreds of options. Should I eat that cheese? Shall I snooze for another 10 minutes? But when the decisions we need to make are potentially life-altering, it gets much harder. Here's how to make the tough choices without breaking a sweat.

BY LESLEY MARCHANT

It's not just you who finds high-stake decisions a struggle. Scientists have looked at the difficulties surrounding indecisiveness—such as doubt and regret—and it turns out they're causing problems for more people than we realize. The problem? The element of uncertainty. As The Wall Street Journal says, "Certain personality traits play a role; people with a strong need to reach a conclusion in a given situation tend to engage in black-and-white thinking,while ambivalent people tend to be more comfortable with uncertainty." In other words, making decisions makes us uncomfortable. After all, what we choose will say something about who we are and what we value. We all have an innate desire to protect ourselves from the wrong choices and the consequences thereof. Still, making big decisions is unavoidable. So here's how to meet them head-on.

## SQUASH ALL BIASES

As Rolf Dobelli explains in *The Art Of Thinking Clearly*, when making a decision you need to consider the base rate—i.e. the likelihood of all particular outcomes. So instead of taking into account every possible outcome, look at the ones that are most likely to happen. Remember the base rate: most long-distance relationships fail; most well-paying jobs are more challenging; and, for most couples, kids aren't a fix for a failing relationship. It's not meant to demoralize you, just help you guard against potentially reckless optimism. As Dobelli says, "When you hear hoofbeats, don't expect a zebra."

## TRY TO GET INTO AN EMOTIONALLY AMBIGUOUS STATE

Easier said than done, right? But science says this could make a huge difference. A study by researchers at the Michigan Ross School of Business showed that people tend to make more accurate predictions when they're in an 'emotionally ambiguous' state—happy and sad at the same time. (Remember how you felt when you matriculated?) When you're emotionally neutral, your judgement accuracy is improved because you're more open-minded and more receptive to helpful information —and you can capture the best of both, the joy and sadness of a potential outcome.

## FIGHT THE COMPULSION TO 'JUST DO IT'

That slogan works for Nike—not for your life. Jumping straight into something without properly considering the implications could result in more failures and regrets. All big choices pave the way for other situations to occur, and you'll have to deal with those too. The question isn't just whether you should move in with your boyfriend —it's whether you're willing to give up your independence, whether the two of you are able to make joint decisions, and how you'll handle money. Think about whether you can cope with all the consequences of a particular decision.

## DECIDE WHETHER YOU'LL REGRET NOT DOING SOMETHING

Of course you have to consider the long-term implications—it's probably your go-to train of thought. But it's just as important to consider what will happen and how you'll feel if you don't do something. The idea of quitting a stressful but well-paid gig in favour of a smaller job could seem like the wrong choice because you'll have to give up some of your comforts—but five years down the line, will you be stressed out of your mind with no time for yourself if you neglect to take the scary leap? In the end, the choice you most regret not making could be the right one.

## CONSIDER WHO YOU'RE DOING IT FOR

You should be making difficult decisions with yourself in mind—always. This is the one time you absolutely have to be selfish.Therapist Beth Burgess recommends never allowing others' agendas to sway you from making the choice that's right for you. "It is always important to have others' interests at heart, but you shouldn't sacrifice your own needs and desires to please another person," she says. If you're not ready for marriage but your BF is, you're better off being honest with him than going along with it to keep him happy. Other people are important—but so are you.

## ASK YOURSELF: 'WILL I LIKE MYSELF AFTER MAKING THIS CHOICE?'

"Anyone can tick all the boxes in terms of a solution, without taking into account how that decision may make them feel about themselves," says Burgess. Consider exactly how you'll feel about you when you've made the choice. If you pick something uncaring, you'll probably lose a few fan points with yourself. If you choose the easier, unassertive option, you risk a drop in self-esteem. After all, if you don't believe you're capable of something challenging, who will?

## NOW THAT YOU'VE MADE YOUR CHOICE, OWN IT!

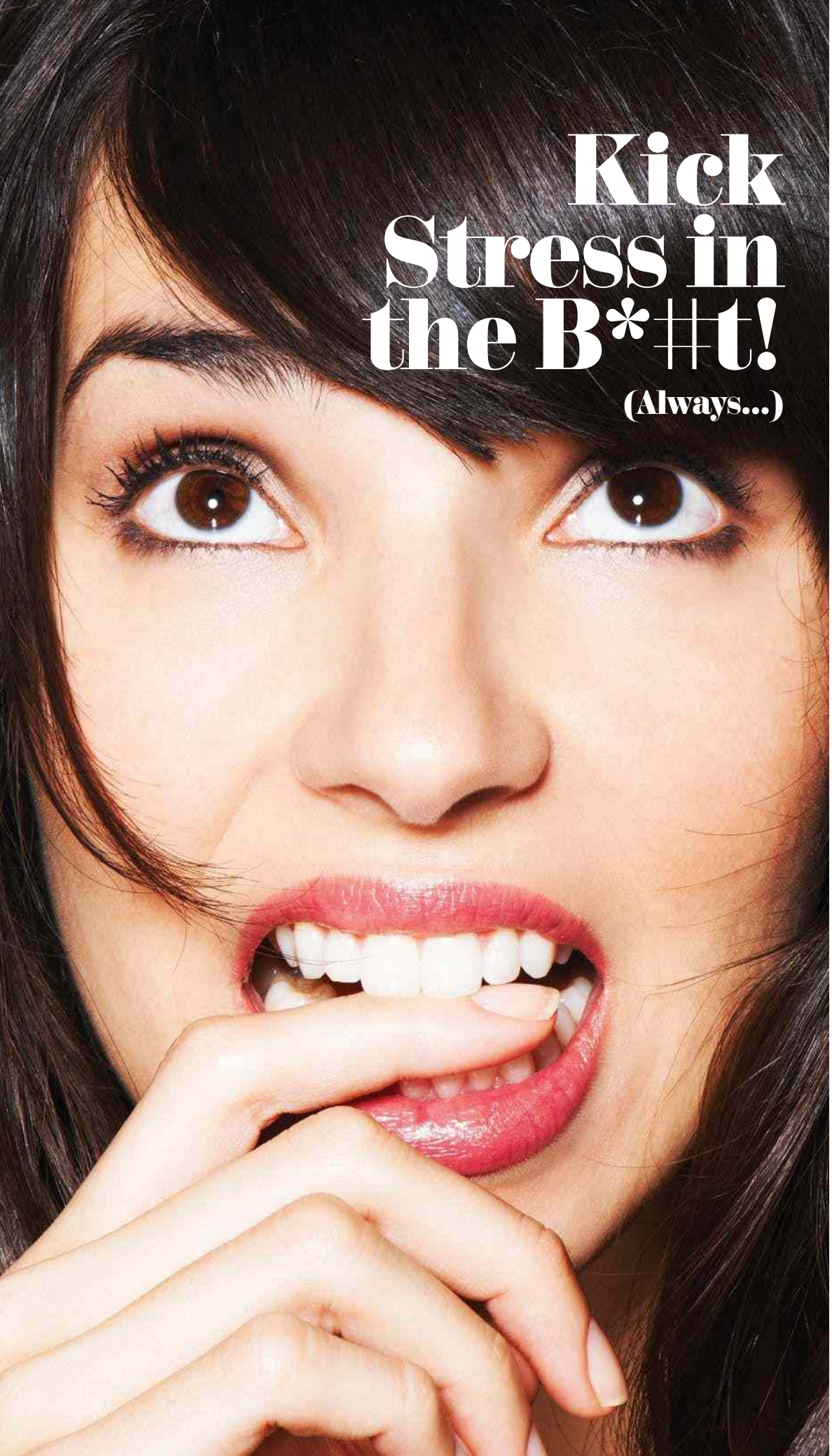
Backtracking will only raise unnecessary doubts. Trust yourself enough to believe your decision is informed, intelligent and in your life —for good.

### THE 9 BIGGEST DECISIONS YOU'LL HAVE TO MAKE

**it starts right after school – and it never slows down...**

1. What you'll study
2. What career you'll enter into
3. A drastic change mid-career
4. Figuring out where you'll live
5. Buying or renting a home
6. Whether you'll get married (and to whom)
7. Moving cities/countries
8. Having children – or not having them
9. Knowing when it's time to quit – anything

IMAGE: GETTY IMAGES



# Kick Stress in the B*#t!

## (Always...)

Butterflies in your stomach, dull ache behind your eyes, wide awake at 3 A.M. (and not because you're having impromptu sex!), shortness of breath, shoulders that feel like someone has tried to squeeze them into a Nutella jar… Sound familiar? Then you might just be a bit stressed out.

Stress is part and parcel of our day-to-day lives, and stress-related problems are caused due to various reasons. Some of the more common causes are relationship issues, pressure to meet deadlines, anger, illness, death of a loved one, and motherhood or just the need to juggle many things at the same time. It's constantly overwhelming and certainly gets to us.

But, as with everything else in life, one can also deal with stress so that it doesn't cause too much havoc. Here are a few simple tips to deal with stress and kiss it goodbye.

## BREATHE!

Yes, it's that simple, really...honestly, sometimes we just forget to breathe properly. This means we don't take in enough oxygen, which leaves us feeling breathless and anxious. Next time you feel like you want to jump off a building, just sit or stand in one place and take a few deep breaths, inhaling and exhaling very slowly. Count while doing this if it helps you focus. If you have time to spare, engage in some quick meditation. You can also try an app like *Buddhify* to help with this exercise. And trust me, you won't regret it.

## LET IT GO...LET IT GO...

There was a reason this song became so popular. Unnecessary worry, and feelings of anger and hatred increase stress levels. Find out what's stressing you. Is it something trivial? If it is, just let it go! It simply makes no sense to worry over trivial matters. Make a conscious choice to stay calm (don't let those little imps in your head upset you!), and keep working on it. Do not waste your energy on petty issues.

## TAKE A BREAK

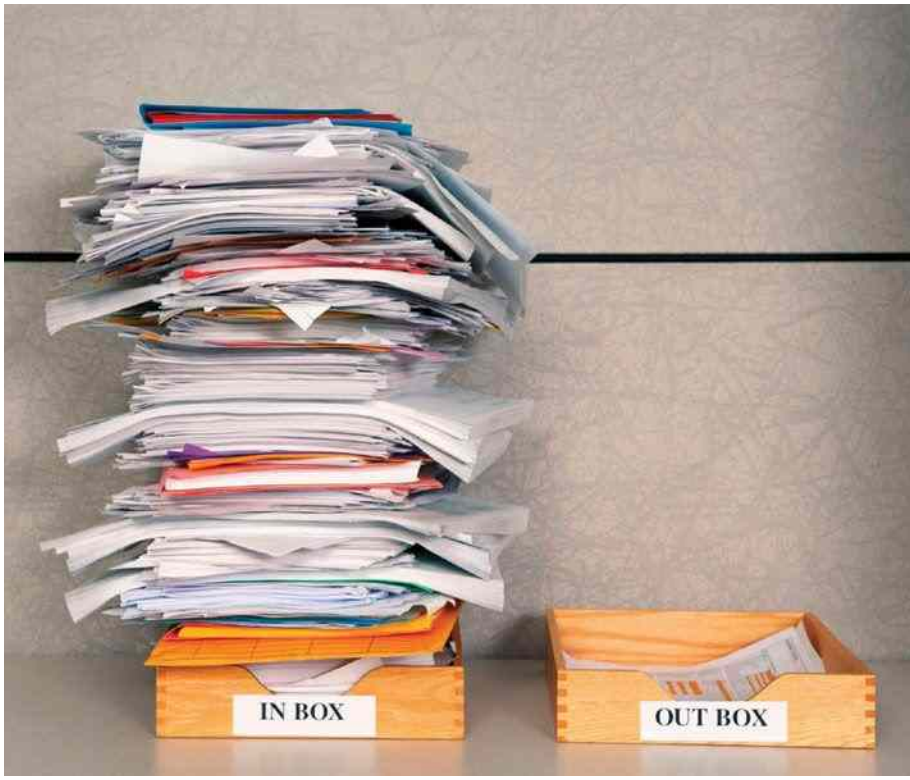
You want to finish that report before taking a break because the deadline is just around the corner, but you're suffering with a dull headache and sore shoulders. Sadly, the truth is that these twinges are probably making you less productive. So step outside and get some fresh air. Nature has an amazing ability to calm you down. Therefore, whether it's a 15 minute walk in the park nearby or just a few minutes spent out in the garden or on a balcony, it will help calm the senses.

## HYDRATE AND ENERGIZE

Keep drinking plenty of H2O throughout the day because dehydration can really zap your energy and make you feel terrible. There's a tendency to forget to drink water when your schedule becomes too hectic. So, drinking water out of a bottle instead of a glass can (at times) be more helpful as it doesn't require you to keep refilling as often. It also helps to keep snacking on foods that provide bursts of energy like raisins, nuts and of course the all time favourite...chocolate (a word of caution—chocolate can be addictive so take it easy with this one).

## SIT STRAIGHT

Bad posture at work creates added tension on the areas that are usually affected by stress such as your shoulders, neck and spine. Try to be aware of how you carry yourself at all times. Hold your head and shoulders upright and avoid slouching, especially when you are working at a desk. Stretch from time to time to release tension. Good posture can also have a positive effect on your mood.




## LISTEN TO MUSIC

The adage 'music soothes your soul' has some truth to it. Listening to your favourite tunes can help keep stress at bay. While the right kind of music can affect the way you feel, choices of beats and tunes differ from person to person. Although Mozart will work for some, death metal can work for others. If you don't already know what works for you, start experimenting.

## MANAGE YOUR TIME

A sense of losing control of your time is another major reason for stress build-up. To avoid this, start an effective time management system that works for you. This could be a matter of taking just half an hour each morning to plan out your day and doing your best to stick with it, so that you actually accomplish everything that you set out to do. Use your phone to set reminders for yourself. Not only would this leave you with a sense of accomplishment, but you would also be less tense as you know you won't have to deal with additional work the following day.

## GET IN SOME ME-TIME

It is important to make yourself a priority at some point during the day, every day. If you find that your days are simply flying by and that you hardly have time for yourself, start scheduling your me-time. Jot it down on the calendar. This could be early in the morning, at the end of the day or whatever time that works for you. The idea is to free this time (even if it's just an hour) to do what relaxes you. This could mean having a long bath, reading a book, watching TV, playing with a pet or working out. Tell yourself that you will simply not think about anything else during this time (easier said than done I know...) and now, go do it. ■

WORDS: TREVINA ABEYSUNDERE | IMAGES: ERIC RAY DAVIDSON.ALAMY

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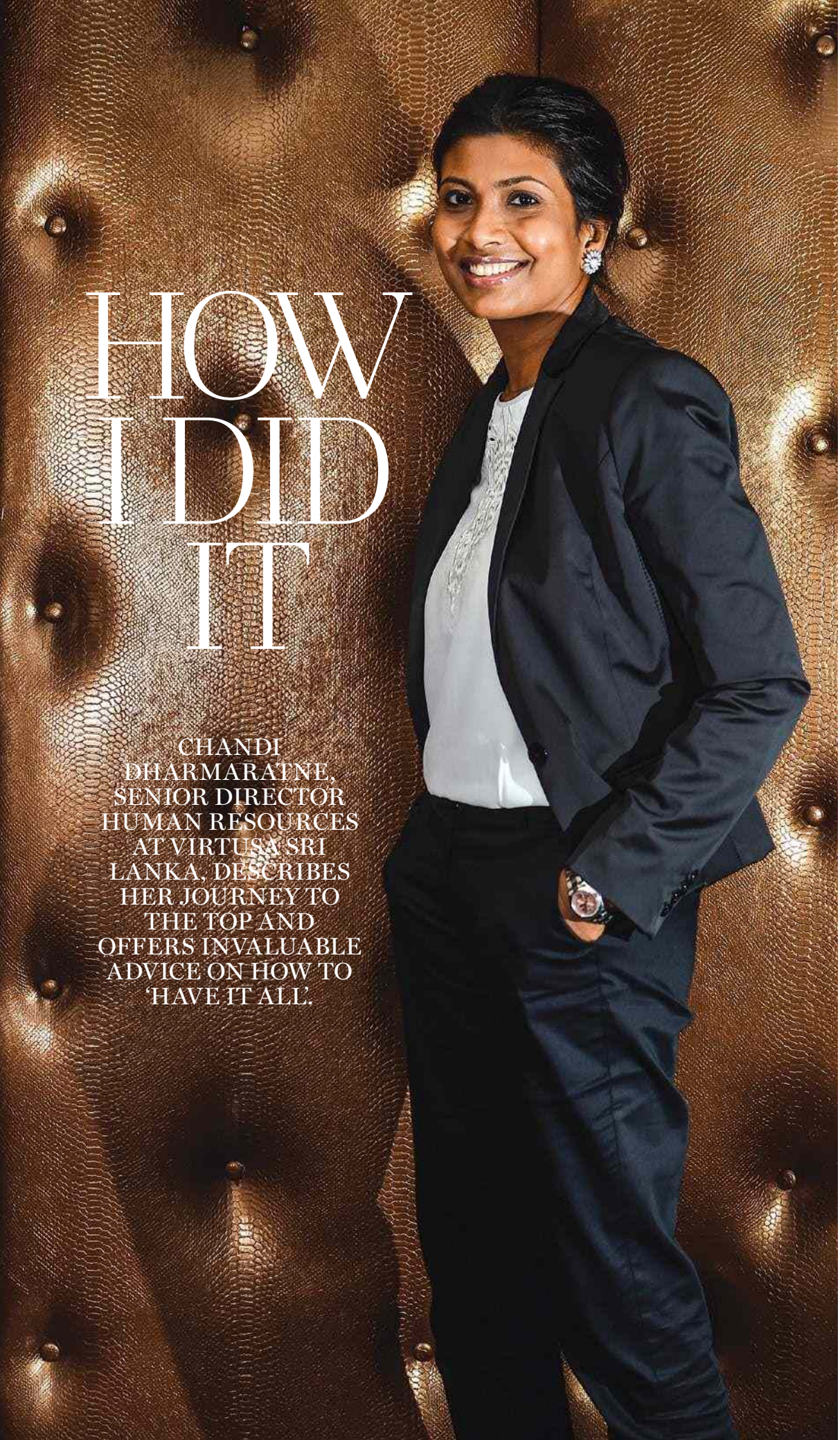
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# HOW I DID IT

CHANDI DHARMARATNE, SENIOR DIRECTOR HUMAN RESOURCES AT VIRTUSA SRI LANKA, DESCRIBES HER JOURNEY TO THE TOP AND OFFERS INVALUABLE ADVICE ON HOW TO 'HAVE IT ALL'.

**How would you describe yourself in a nutshell?**

Persevering, honest, committed and grateful.

**Did you always know that you wanted to be in Human Resource Management?**

Honestly, no. I never dreamt of being in HRM. My start was in the publishing industry in Manhattan. From there, I moved to a start-up company in the hospitality industry that went public in 2001. Then I came back home and joined MAS Holdings in a role that covered the execution of a series of special projects. Almost 4 years into it, I was given the opportunity to become the Head of Learning and Development for the MAS group. That was probably my entry point into the field.

The good thing about not being focused on a career in HRM from the beginning is that my marketing background helped me to reimagine and reinvent what we did, prompting me to look at everything I did as a project I was managing. Before I knew it, I had ownership of multiple projects that were focused on employer branding, cultural integration, leadership development and engagement.

### In your opinion, what qualities would a girl/woman need to get ahead in her career?

I believe that everyone should dream of having it all, irrespective of your career. What 'all' is, however, is defined by you and you alone. Some of the basic qualities that I have cultivated and that have worked for me include perseverance, focus, commitment and above all, confidence in your own competence. Another important quality that I am still probably in the process of cultivating as a mother of two, a wife, daughter-in-law, daughter, friend and employee is definitely... more patience.

### What about the 'glass ceiling'? Was it ever a problem for you?

I believe the 'glass ceiling' is something that solidifies the more you dwell upon its existence. The moment you look beyond the glass and focus on your end goal, you stand a better chance of realizing it. Whenever I'm faced with a situation where I feel restricted, I make sure that I stand up for myself. Although there were times when I lacked confidence—and I'm sure there will be more times in the future when this happens—the key is to get back on your feet, reflect, learn from mistakes and always believe in the one thing that is completely within your sphere of influence—your own abilities.

### What do you enjoy the most about your job?

The challenge is always what motivates me. The agile nature of the business and dynamism that it brings with it, the adaptability it encourages and the overall vigour and zest that a rapidly evolving organization inspires is what I probably enjoy the most.

### Were you very focused on where you wanted to be by a particular age or did the progression just happen?

Life was always about opportunity for me. I took every opportunity that came my way and embraced it as another new chapter in my life. As I matured, I began to add my experience into the decision—making process and that was probably the only change. In a nutshell, I mapped my career according to opportunity and was never one to shy away from challenges, constantly making myself 'uncomfortable', which made me constantly learn and grow, and led me down a path that allowed for natural progression.

### What's your happiest or most unforgettable memory?

The day I was told that my first baby was going to be a girl. Nothing else really mattered at that point in time. It was truly a life redefining experience.

"I have had many fleeting brushes with regret, too many to mention individually, but I have always made it a point not to be loaded with the emotional baggage that regret brings."

### Have you had to give up on anything important in order to do your job?

It's hard to say. Things have fallen into place so much so that I don't feel as if I have had a major opportunity cost. Would I want to spend a lot more time with my growing daughters? Yes. Would I want to pursue some of my other talents? Yes. Yet, at the end of the day, being content in the here and now means I have probably not neglected or given up anything important to me.

### What kind of obstacles did you face in your career and how did you overcome them?

I don't perceive anything I face as 'obstacles'. I was always driven to pursue excellence for my own satisfaction. That's what drove me to look at each challenge or obstacle as an opportunity to grow. More than having someone else tell me what a 'great job' I'd done, I always had to exceed the benchmark that I set for myself, constantly raising the bar higher and higher as I progressed.

### How do you maintain a work-life balance?

Quite simple. Take work as a part of life. It is the attempt to delineate both that results in conflict. When one accepts that work is built-in and not bolted on to life, then one is in a better position to realize harmony and better understand the symbiosis that exists. It helps to have a supportive and strong family structure of course, and I have been blessed with that.

### If you had one piece of advice that you could swear by, what would it be?

Nothing is a substitute for hard work and application. I learnt that by practice. It's something I read up on or learnt at a workshop.

### What's your biggest regret?

Regret is the currency of lost opportunity. To regret is to dwell in the past. I have had many fleeting brushes with regret—too many to mention individually—but I have always made it a point not to be loaded with the emotional baggage that regret brings. Instead, I would rather focus on how avoid a repetition of the incident.

## IN A FEW WORDS

CAN'T DO WITHOUT—
**my husband and daughters**



LOVE TO EAT—
**sushi**



FAVORITE COCKTAIL —
**passion fruit margarita**



FAVOURITE COLOUR —
**turquoise**

WORST FEAR —
**getting stuck in an elevator (extremely claustrophobic)**



MOST USED WORD —
**unpublishable ☺**

DISLIKE —
**disloyal friends and cockroaches (are on par)**



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# What Your Boss Would Tell You About Getting Ahead

(If They Had The Balls)

COMPILATION: JENNIFER SAVIN | IMAGE: ISTOCK BY GETTY

## Wear good shoes…

"The effort you put into your appearance indicates the level of pride you're likelyto take in your work, and if I'm interviewing somebody who looks as though they've just rolled out of bed within minutes, I know they're not getting hired. It's not about wearing lip gloss; it's about communicating—without saying a word—that you're willing to go the extra mile."

**NATALIE CAMPBELL, DIRECTOR OF SOCIAL-INNOVATION CONSULTANCY, A VERY GOOD COMPANY**

## Disagree with your boss

"Nobody wants a boardroom full of 'yes' people. It may seem scary going against your seniors, but if you highlight your strengths and always explain why you disagree with us, we'll take note. Stay in your comfort zone on the other hand, and nothing amazing will ever happen to you."

**JACQUELINE GOLD, CEO OF ANN SUMMERS**

## Network with everyone

"Many unexpected professional relationships helped me turn an idea into a global make-up brand. It was by chance that I met a chemist, during a photo shoot where I was working as a make-up artist, who helped me launch my original line of lipsticks – although our fields were different, we worked incredibly well together. Once I had the final product, I could sell make-up from home via mail order. Then, by pure coincidence, I met the cosmetics buyer for Bergdorf at a party. I told her about my range and the rest is history. My advice: don't be afraid to utilize what and who you know. Be open and say hello to everyone."

**BOBBI BROWN, FOUNDER AND CCO OF BOBBI BROWN COSMETICS**

## Use "we" in emails

"If you always talk about yourself, you won't come across as a team player—show your commitment to the company and use 'we' instead of 'I' when emailing outside the office. Also important: don't go to your boss every time there's a problem. It's far more impressive if you can solve a crisis independently, and tell your boss how you dealt with a tricky situation after it's been resolved."

**KANYA KING MBE, FOUNDER OF THE MOBO AWARDS**

## Go for everything

"Look at interviews not as terrifying, but as an amazing networking opportunity. Believe me, it is rare that you will ever get someone you want to work for to listen so intently to what you're saying—and to actually have to stay and listen! Even unsuccessful job interviews I've done in the past have eventually led to other jobs because of word of mouth. And always follow up with an email to say thank you for their time. Everyone loves good manners."

**FARRAH STORR, EDITOR OF COSMOPOLITAN UK**

## Prove you're listening

"Your bosses time is precious; appreciate that and demonstrate you're really listening to what they're saying. I always feel reassured when someone comes into a meeting with a notepad, or they quickly repeat back to me what we've just discussed. Likewise, I do the same when giving a presentation. I'll make eye contact with as many people as possible, smile and then ask: 'Is everyone still with me?'"

**JEMMA JONES, EUROPEAN MARKETING MANAGER FOR HONDA**

# AND SOME ADVICE IS SO DAMN BRUTAL, THESE GUYS WISTHED TO REMAIN ANONYMOUS...

## 'One CV will do'

"For the love of god, please stop sending your CV and covering letter multiple times. It's unlikely I won't have received your original email, and it suggests you're repeatedly copying and pasting your application to several companies. A follow-up message is fine, but resending is just lazy."

**SHAWN*, PROJECT MANAGER**

## 'Ditch Hotmail'

"Any CV that lists a Hotmail account or cringy email address goes straight in the bin. If you're applying for a job in a fast-paced industry, get with the times! Create a Gmail account; it's not that hard. Better yet, have an email linked to your website, like info@yourname.com."

**MAIHRI*, SENIOR DESIGN MANAGER**

## 'Hit the gym'

"I go to the gym religiously, and if my staff don't exercise, I can't help but think they're a bit lazy. And I think it works both ways – if your boss is more laid-back, they might feel on the back foot if you're always talking about going to the gym. The way you treat your body affects your whole outlook, so it helps to reflect your boss' behaviour (or pretend to)."

**AMY*, PRODUCTION MANAGER**

**93%**

**of hiring managers look at candidates' social media profiles—maybe time to remove that tequila slam shot in the mariachi hat then...**



# Werk It!

## YOU'LL NEVER HAVE TO SECOND GUESS YOUR GAME FACE AGAIN—EVER.

We at Cosmo know too well the struggle of achieving that perfect work make-up balance! In all seriousness, the colour of lippy you wear or your smoky eye preference can genuinely have an impact on your career, or hinder your chances of landing that promotion (for instance, if you plan on channelling 2010 Nicki Minaj). Having said that, office appropriate make-up doesn't have to be boring. All you need to know is how to tweak the latest trends to suit your work environment.

Not too sure how? Fear not, here are a few tips and tricks that are guaranteed to score you some office glamour points, and make you look sharp for that presentation to boot!

### Master the eye make-up game

We love a good winged liner, but even we have to concede to the fact that there is such a thing as too much wing—especially in a professional environment. Steer clear of heavy eyeliner and glittery ultra-dark smoky eyes. Instead, opt for more neutral shades such as soft browns and light pinks. Try highlighting your tear duct with a light shade—it will give your eyes just the right amount of pop!

### The bold lip dilemma

Contrary to popular belief, there is nothing wrong with rocking a bold red lip to work! Having said that, blue-toned red lips tend to err in the more dramatic direction, so save your new vampy crimson lippy (very on trend by the way!) for your next GNO. However, fire engine red and brick red are options with which you can't go wrong. In fact, bold red lips exudes confidence—just make sure to stick to more neutral tones for the rest of your face and you're good to go! Try YSL Rouge Pur Couture in Rouge Vermillion for a safe berry lip option! ***(Rs. 6,600 at Exclusive Lines)***

### Chiseled cheekbones?

If you want to use bronzer for work, then stick to one that has a subtle sheen. Too much bronzer can make your make-up look muddy, and the harsh lighting of most offices means that you can't hide it as easily as you could in a night club! For a trustworthy glow, try Stila, Convertible Colour Bronzing and Contouring Duo. ***(Rs. 3,430)***

### Keep your nail art practical

Apologies in advance to all the bejewelled nail lovers, but most nail art doesn't qualify as office friendly! Sticking to colour blocks such as reds or neutrals is always a safe bet. You might also want to stay away from bold colours such as whites and electric neons, unless you're working in a more creative and flexible office environment.

### Don't OD on the perfume!

Opt for softer fragrances such as mild florals, or scents that have rosemary and vanilla undertones so as to not overwhelm anyone with your fragrance of choice. You don't want your colleagues to be able to smell you from a mile away, so be careful not to get too spray happy. A quick spritz on your wrists, on the back of your neck, and on your chest should be plenty!

### Easy on the blush!

Blush can be a great way to add a hint of colour to your cheeks but don't go gung-ho with your blush brush. Always stick to lighter colours such as peaches or light pinks. Leave your fuchsia or orange-toned blush for the weekend! Try and stick to far corners of the apples of your cheeks, so that the colour doesn't look too overpowering. Remember, the goal is to give your cheeks a hint of colour to make it seem as natural as possible.

### A word on foundation

Overdone foundation is never a flattering look. So while you want adequate coverage on your face, opt for a more light to medium foundation. Then touch up any blemishes you want to cover with a dab of concealer. Another great work friendly option is a tinted moisturizer or a BB/CC cream such as Bourjouis' 123 Stay All Day CC Cream. ***(Rs. 2,145)***

### Leave strobing for your next night out

Strobing has taken the beauty community by storm—and we certainly see why! Highlighter is a great way to bring focus to your cheekbones or any area to which you want to bring attention. However, full-on strobing might not be the best option for a corporate environment. Office lighting is such that even the tiniest bit of highlighter will be picked up and reflected. So make it less distracting by highlighting only the top of your cheekbones and possibly your Cupid's bow. This will still give your cheeks definition without blinding your fellow work peeps! We are loving NARS Illuminator in Orgasm. ***(Rs. 4,930)***



WORDS: **NATALIE WIJEWARDENA** | PHOTOGRAPHEY: **PAMOD NILRU**



# CAREER ADVICE THEY DON'T TEACH IN CLASS

**A killer LinkedIn profile and shiny new shoes will only take your career so far. We share a few secrets we bet your lecturers never let on about the job ladder.**

WORDS: BRIANNA WIEST. EXTRA REPORTING: LUCY CLEEVE | IMAGE: NICK ONKEN

## 4 You May Not Be Able To Turn Your Passion Into A Career.

To do so usually requires phenomenal talent, relentless dedication and a bit of luck. Often those stars don't align. This is okay. Opportunities come after you've worked hard for them, and you'll appreciate them more.

## 1 It's Not About You.

People will teach you to format your best points as though you're a product to be sold, but what you need to be selling is what you can do for the company. It's less about what you've done in the past and more about what you'll do for them in the future. The former can attest to your ability to do the latter, but it should not be the only focus.

## 2 Employers Do Not Care About What Classes You Took.

Getting a great education is important, but it's not the be all and end all. Many will breeze over results as requirements, not accomplishments. They will be more concerned with your skills, hands-on experience and how you will (and do) perform. Our favourite example of this is Oprah, who left university mid-way through her degree!

## 3 Understand That What You Learnt In A Classroom Is Probably The Same As Everyone Else.

You have to bring something new to the table. Believing that solid results, extra-curricular involvement and an internship or two will land a job is naive. For positions that require degrees these things are standard. Drive, no ego and passion for the role can get you just as far.

## 5 The Need For All-Round Media Skills Cannot Be Overemphasized.

You need to understand how a media presence affects money and clientele—and you need to know how to work it to your company's advantage. It's about branding and marketing on a simultaneously larger and yet more personal scale: your company needs to reach people in a way that is unique yet universal. The internet—and its power—is not going to go away.

## 6 Be Able To Work Effectively With People You Dislike.

Group projects can be tough, but they help you learn to work with different people — not just to tolerate them, but to work with them towards a positive end.

## 7 Know What Appropriate Behaviour Is.

Your professors may have let it slide when they saw you texting during a lecture — but pull that during a meeting? Forget about it.

## 8 Your Personal Social Media Presence Is Crucial.

You know not to post any inappropriate stuff, be it vindictive or unprofessional, but are you aware of the blurred lines between 'personal' and 'business'? In many careers, it is desirable if you already have a following of some sort.

## 9 You Can't Take Such Thing As A Passive Role In The Job Search.

You can't send out a hundred CVs and LinkedIn invites, and think you'll stand out. Many companies don't make job listings public or searchable on the internet. Often, you have to have an 'in'. You have to be ready and willing to take internships, work for free and other less-than-ideal circumstances.

## 10 Show Your Past Experience.

Don't just talk about it. Enter every job knowing you have to prove yourself by action, not justify yourself by words.

## 11 Have A Good Work Ethic.

The bare minimum will not cut it. Professionals can smell crap from a mile away; more importantly, your efforts will be directly correlated with the level of your performance. Your excuses will not matter anymore. There won't be extended deadlines, acceptable reasons for not handing in an assignment or any desire to hear you complain about how much work it took to get it done.

## 12 Digital Professionalism Lies In Simplicity.

Don't use colours in e-mails, fancy fonts, exclamation points and so on — but make sure your personal website doesn't look like it was crafted in an Office 95 Word doc, either. When it comes to selling yourself, appearance is key. You can control where attention is directed and for how long.

## 13 There Is No Such Thing As A Stupid Question.

But you need to learn when to keep your mouth shut. You can't go running to your superior over every bit of spilt milk. You have to learn to function, cope and handle things by yourself.

## 14 Be The Kind Of Person Who Is Desirable To Work With.

You need to have a pretty incredible poker face, be kind and respectful to your superiors even when you disagree with them, and be willing to go above and beyond as both a team member and a leader.

## 15 You Have To Have The Mindset Of An Innovator.

This requires more effort than being passive but it's probably the most important trait, and it's not something that can be taught. It's a mindset you have to curate for yourself.



# BEACH IT OUT!

**IF HANGING OUT IN THE SUN IS YOUR THANG, THEN WE'VE GOT YOU (UN)COVERED...**

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**MODEL** ROSHNI GUNARATNE

**MAKE-UP** ISURU DE SILVA/SALON ISURU

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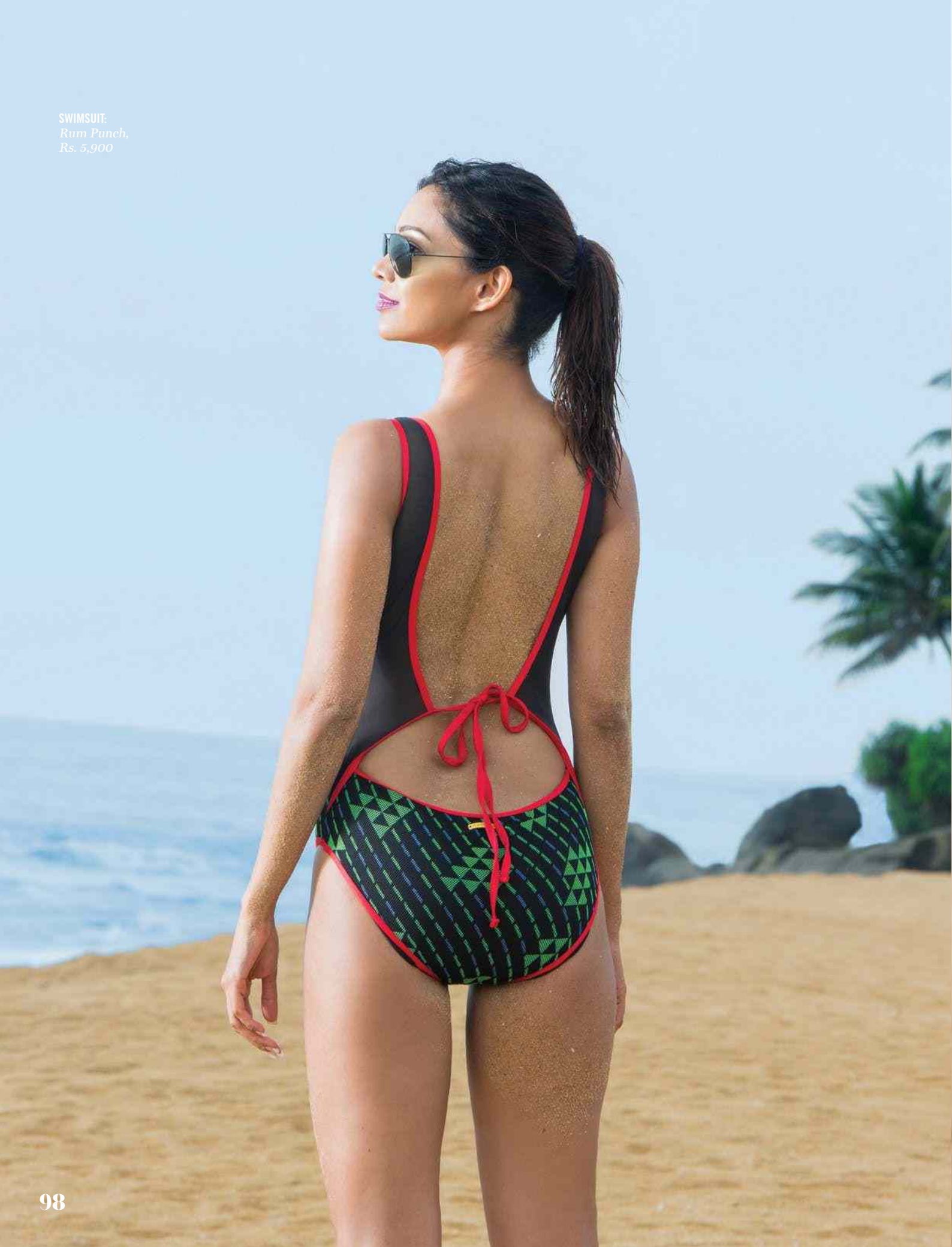
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**BIKINI:** *Rum Punch, Rs. 5,200,*
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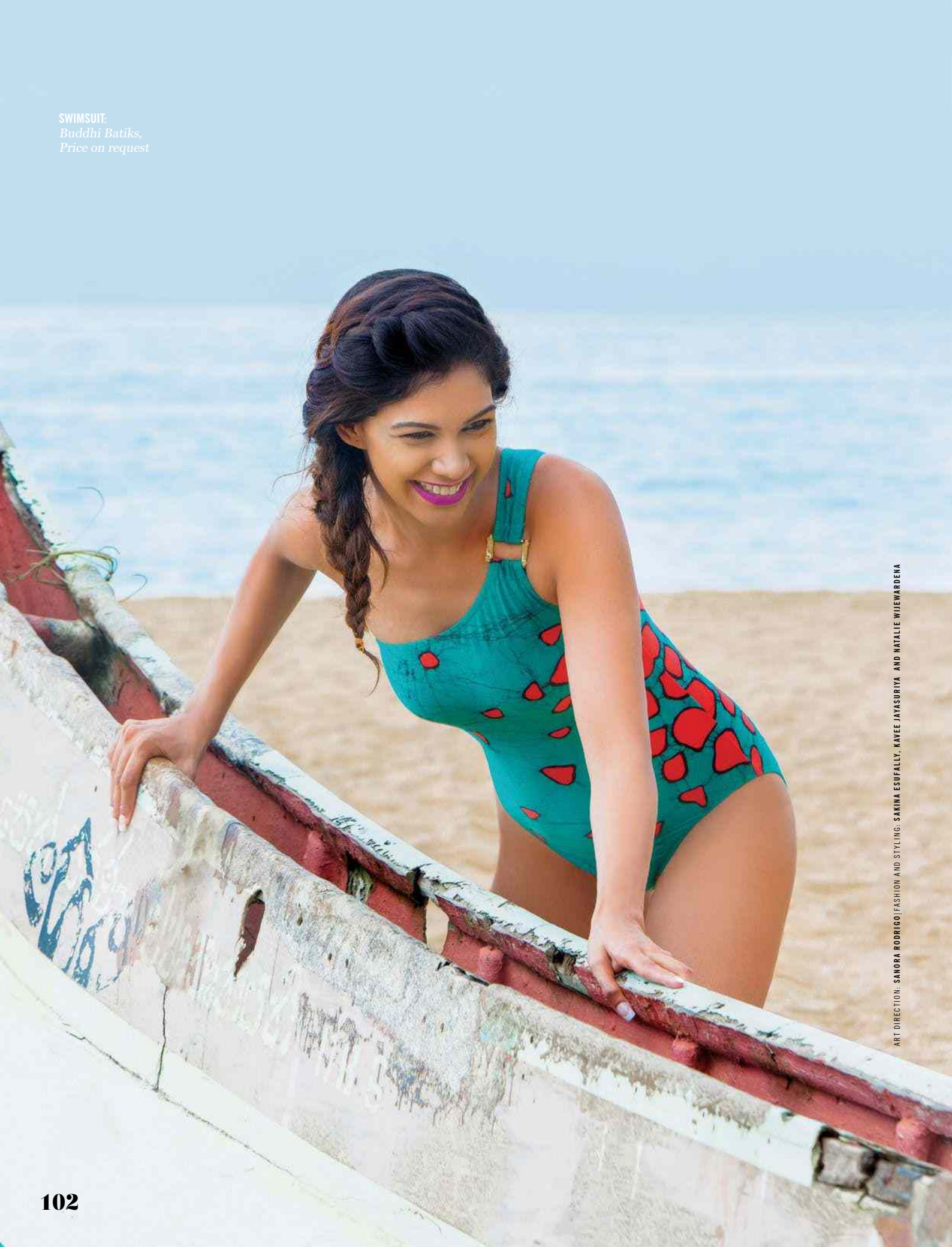


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# Night Fever

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FASHION – SHELLY VELLA
PHOTOGRAPHY – BEN RIGGOT



Dress, Reiss
Shoes, Topshop
Sunglasses, Linda Farrow
Belt, Rokit
Bracelet & Bangles, Sophie by Sophie




Top, Equipment
Peace necklace,
Sophie by Sophie
Necklace, Assya London
Cuff (just seen), Chanel






Top & Trousers, both
River Island
Bag, Lulu Guinness
Black cuff & cuff, both
Freedom at Topshop



Top, Miss Selfridge
Trousers, River Island
Belt (just seen), Rokit
Clutch, Buba London
Necklace & Bracelet, both
Sophie by Sophie
Ring, Assya London



Swimsuit, Melissa Odabash
Skirt, River Island
Shoes, Charlotte Olympia
Clutch, Lulu Guinness
Earrings & Cuff, both Ottoman Hands



Swimsuit, Pistol Panties
Shoes (just seen) & Clutch,
both Christian Louboutin
Sunglasses, Linda Farrow
Earrings (just seen) &
Orange necklace, both
Assya London.
Necklaces, Swarovski
Ring, Feather & Stone



Dress and Belt, Halston Heritage
Shoes, Topshop
Clutch, Carlo Pazolini
Earrings, Red Bangle & Bangle, all Sophie by Sophie

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WE ARE

# FAMILY

THE KARDASHIAN-JENNER SISTERS TALK CANDIDLY ABOUT EACH OTHER, THEIR UPBRINGING AND THEIR RIDE-OR-DIE BOND. BUT FIRST...THEIR SELF-DESCRIBED "BIG BROTHER," ***KEEPING UP WITH THE KARDASHIANS*** EXECUTIVE PRODUCER RYAN SEACREST, EXPLAINS WHY THERE'S NO QUITTING THESE COSMO GIRLS.

AS TOLD TO
KATIE L. CONNOR

PHOTOGRAPHED BY
FRANCESCO CARROZZINI

STYLED BY
ELIZABETH STEWART



**LAST JULY, I WAS HONORED** when Kris Jenner asked me to host a special graduation party for Kendall and Kylie. I said to them how proud I was of how they have handled the craziness of the show. Growing up is tough—imagine being at the center of the zeitgeist.

No one could have predicted the Kardashians' and Jenners' success. But when you spend time with them, what resonates is the family unit. There are so many things about them that are glamorous, crazy, and unlike our lives, but the sense of family is universal. They love and stand by one another no matter what. And there is something so honest about the way the sisters speak to each other—their unvarnished candour reveals how close they really are. What's more, they present acceptance. You look at Bruce and now Caitlyn—you see the power of a family to come together when it would be so easy to fall apart. There's comfort in viewing that steadfastness of love.

I also admire their work ethic. They are always on time and professional. And while there are plenty of days when they are travelling and doing amazing things, there are just as many days when they are going through something emotional and find it difficult to have a producer in the room. But early on, before the show even began, they made a family pact that they were going to document their lives through thick and thin. It takes courage to go on camera and deal with something with which you never thought you'd be dealing. I, for one, thank them for sharing the journey, because more often than not, it's not only entertaining, it's inspiring.

—RYAN SEACREST

# KIM

## ON KOURTNEY

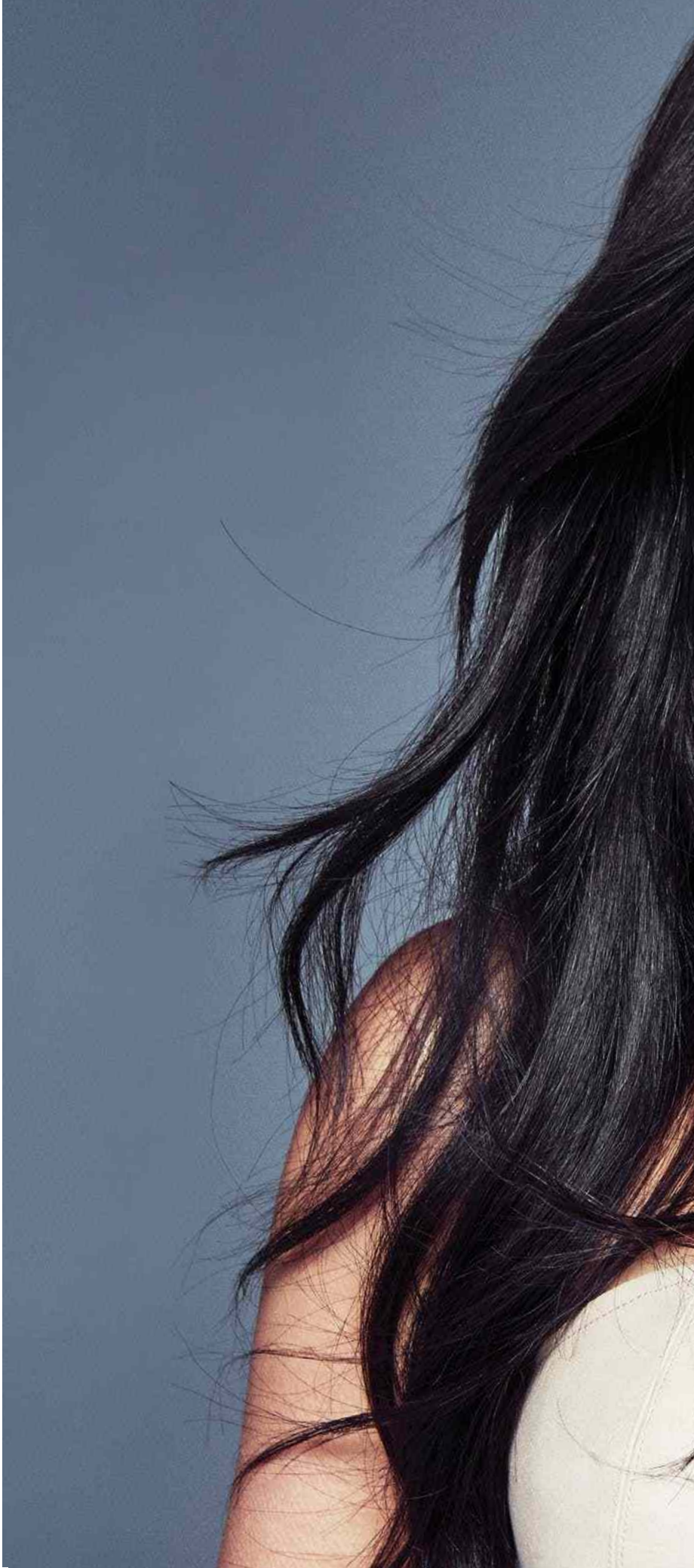
I DON'T KNOW WHAT I WOULD have done if I'd been born first. I copied every single thing that Kourtney did. She taught me how to tie my shoes. She taught me everything. I couldn't have survived life without her.

Of course, we've had some huge fights. She knows exactly how to get to other people. I had to wear a bra at a really young age, and she would destroy me over it. But you can say anything to her—nothing fazes her.

She is the most practical one—stable and calm. Every once in a while she'll break down, but she always has the attitude of "We're going to get through this. It's going to be okay." It's rare to see her cry. The moment you'd expect to see someone cry is the exact moment when she *won't* cry.

I'm not really a fearless person. After becoming a mom, I became more fearful. But I think Kourtney is the bravest. In the beginning of the show, when I thought little things were such a big deal and would get so upset, she made me realize they weren't. She taught me that it's not worth wasting your energy on things that ultimately don't matter.

What's surprising is that in college, she was a wild party girl. She didn't like kids growing up. She had a kids' clothing store and hated when kids came in! Now she's the best mom in the world. And as a new mom, I call her for everything. It's exactly like how we were before. I just copy Kourtney. And it's funny—my daughter wants to do everything that Kourtney's daughter, Penelope, does. We've come full circle.



HAIR: (Kris, Kim) Chris McMillan for Living Proof @ SoloArtists.com; (Khloé) Jen Atkin for Wella Professionals at The Wall Group; (Kourtney) Peter Savic at Opus Beauty; (Kendall, Kylie) Scott Cunha for TheOnly.Agency using Oribe and Kardashian Beauty. MAKE-UP: (Kris, Kylie) Joyce Bonelli; (Kim, Khloé) Mario Dedivanovic at The Wall Group; (Kendall, Kourtney) Rob Scheppy for Cloutier Remix using Tweezerman Brush IQ. MANICURE: (Kris, Kim) Kailey Phan; (Khloé, Kylie) Kimmie Kyees for Orly Int'l; (Kendall, Kourtney) Kim Truong. PRODUCTION: First Shot Productions. PROP STYLING: Andy Henbest/Frank Reps.



**Everyone in my family teases me about being too dressed up and taking too many selfies."**

—KIM



# KHLOÉ

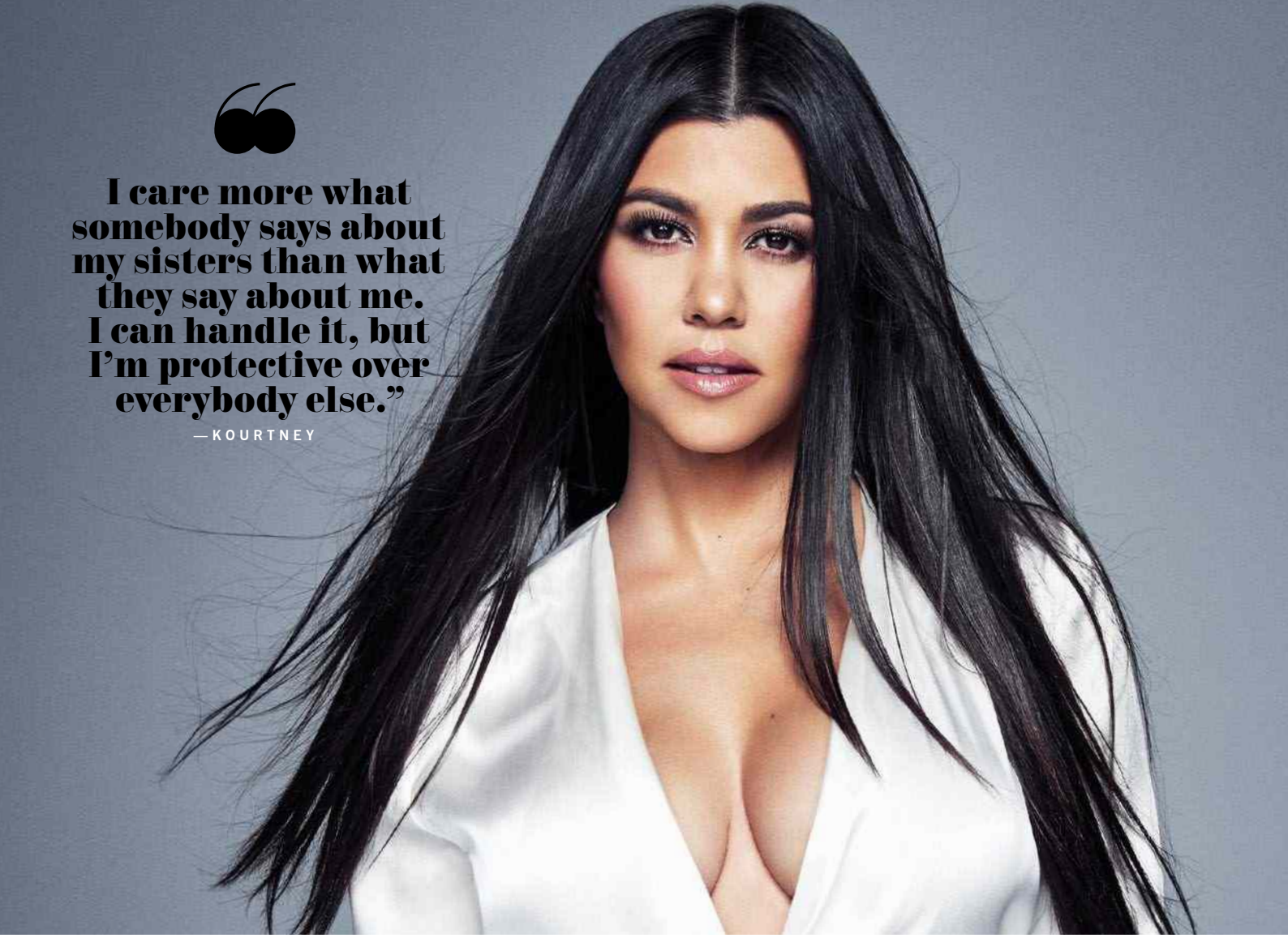
## ON KIM

**I AM THE MOMMY TO KENDALL** and Kylie, and I have a playful relationship with Kourtney. But my relationship with Kim is more adult. I go to her for really serious matters. Some people you talk to and it's in one ear and out the other. Kim genuinely listens. During a breakup, you think, *This is it. No one's going to date me again.* Kim is the person who reminds you that life is going to be okay. Because of her past relationships, she has felt the same way, so she knows what to say.

Growing up, I thought she was the coolest ever. She's always been so beautiful, and I was enamoured by what it must be like to look like an effortlessly beautiful girl. I always tried to do my hair like hers, which didn't work since my hair is blonde and curly. I was always being compared to my sisters because I looked so different from them. It was frustrating because I would never look like them—I am Khloé, not them!

When our dad died, I distanced myself not just from Kim but from everybody. After a couple of years, we went back to having a great relationship. Now that Kim is in such a happy place in her life—married and has such peace with her babies—we get along so great. Sometimes I see her roll her eyes at me, but I don't take it personally. It's just that my energy level is loud and she's really soft-spoken and quiet. She doesn't like to curse or drink. I'm like a truck driver in comparison.

It's frustrating that anyone would think Kim is self-centered or cares only about looks. She has the biggest heart. She wants to uplift everyone. Just because someone takes a selfie—which is what the whole world does!—doesn't mean she should be labeled as egotistical. You can take a f@#*ing selfie. That doesn't define where your heart is.



**I care more what somebody says about my sisters than what they say about me. I can handle it, but I'm protective over everybody else."**

—KOURTNEY

# KOURTNEY

## ON KENDALL

**I WAS IN THE DELIVERY ROOM** when Kendall was born. It was magical to witness my mom giving birth. Before I went off to college, I would babysit her all the time. She and Kylie reminded me a lot of Kim and me—we were inseparable.

In superficial ways, Kendall and I are opposites, like, I'm 5 feet tall and she's a supermodel. But our demeanour is similar. We're even-keeled, not dramatic. My sisters are the people I feel safest talking to. And I don't think age matters when it comes to relationship advice. It isn't always all about experience. Sometimes Kendall and Kylie are more in tune with their emotions, because as we get older, if we've been burned, we can shut our emotions down. I love talking to them because they're so much more open. And Kendall is pretty level-headed. She sees things from both sides.

From a very early age, Kendall would say, "I'm gonna be a model." Looking back, I'm like, how did you even know that? You had no clue how tall you were going to be or what you were going to look like! But she just knew. I'm still blown away that she saw what she wanted in life and made it happen.

I've told her that going to college was one of the best experiences just as far as living outside of my home, learning how to do laundry, and making my own friends that weren't also friends with Kim. But Kendall has that with her job. She travels, lives away from home, has had to learn how to take care of herself and make her own friends. She has an amazing work ethic, so for her world, she made a great decision.



**Kylie and I are both pretty brave—much braver than the Kardashians. We have the Jenner in us."**

—KENDALL



# KENDALL

**ON KYLIE**

**OUR FAMILY GREW UP IN TWOS—** Khloé and Rob, Kourtney and Kim, Brandon and Brody, Burt and Casey....We're pairs, and Kylie is my two.

With our dad [and the transition], my sisters and I, we all had our experiences with it, but for Kylie and me, being the closest in age, we had our intimate moments of catching him or finding things. Those moments were me and Kylie only, so we had a different connection with it. My dad is *my* dad. He's their dad too, but he's my blood. I was Daddy's girl and was so obsessed with her—same with Kylie—we spent every day with my dad, so it had a special effect on both of us.

Everyone thinks based on how she looks and acts that Kylie is super mature and grown up, and I'm sure she loves that. But I see the Kylie who's young and fun. When you're around her, she brightens the room. I know that sounds cheesy, but she has this energy that's awesome. Even when she was little, she was always crazy, chatty, and all over the place. My brother would get a new girlfriend, and she would lock her out of the house in the rain just because she thought it was funny. She's a wild card.

She's a Leo so she loves attention, and at certain points when we were younger, it bothered her that I was getting attention in terms of my modelling. I think that's a natural younger-sister thing—to be jealous. I was jealous of her at times too! But now she loves what I do and supports me. She's very into fashion and always texts me when I'm doing a big show like, "That is the sickest thing ever! How were the clothes?" It's as much a part of her life as it is mine.

**"Me, Khloé, and Rob, we're the weird ones of the family."**

—KYLIE





# KYLIE

## ON KHLOÉ

**KHLOÉ PUTS HER ALL INTO** her relationships. She loves really hard. I feel like people don't realize that. She drops everything for everybody.

Growing up, she was like a second mom to me. Because she was younger, Kendall and I confided in her because we thought my mom wouldn't understand. I'm sure she would call my mom and tell her everything, but she always had our backs. If we ever had an issue with people, she would call the other person's parents. Just last night, we were at a party together, and a guy was being super rude to me. She went off on him.

When I wanted to be on Facebook, Khloé had the password. She probably still has my Twitter password, but we've moved past that. Of course my mom was also hands-on—she was the scariest person growing up—but Khloé gave my life a balance. I wouldn't be as funny if it weren't for her. She made me feel like I could be myself.

Now that I'm older, there have been times when we've gotten into arguments because she still thinks of me as her baby sister. When I was 8 and she was 20, we couldn't talk about everything—we just weren't on the same level. But now that I'm 18, I have my own home, and I'm doing my thing, we understand each other. We're best friends. And even though she is older and has been through different relationships, she never tells me who to date and who not to date. She lets me live my life.

# WILD at art

Nail art designed especially for Cosmo. Prepare to be inspired...

**FEATURE AND STYLING** INGEBORG VAN LOTRINGEN ◆ **PHOTOGRAPHS** DENNIS PEDERSEN



## ZOE POCOCK

*resident nail technician at The X Factor*

"Why not customize your nails and your wraps? I cut gold and tribal-print wraps in strips and applied them in different patterns to false nails, making each one unique. Next, I snipped small triangles out of some of the nails."



## DAVID BARTON

*quietly creative and highly discreet, he is a secret weapon of glossy mag editors and celebs.*

"Paint nails with a gold polish, then add glitz! Dip one in gold glitter; paint a glitter tip on another. Stick gold diamantés on your thumb and small, thin chains (from a haberdashery) placed onto a still-wet clear topcoat on yet another finger. Finally, adorn one finger with a metallic gold wrap. It's glam rock in nail form."



## SOPHY ROBSON

*the rock chick of nail artists, she is a favourite of Kate Moss.*

"Inspiration is everywhere! You just need polishes, stripers (nail paints with a very thin brush) and a steady hand. One hand has Egyptian-influenced designs based on ones I did for Topshop Unique; the other was inspired by a series of handbags Jeremy Scott did for Longchamp. Make sure your base colour is fully dry before you start the designs."



## TRISH LOMAX

*When Rihanna and Lady Gaga require elegance and ladylike perfection, they call on Trish.*

"This lady has bite! Use full-coverage tip-on nails; you'll need the length for this 'stiletto' shape and the opaque white base will intensify the polish shade. File your nails to a sharp point, then paint. Apply a few strips of nail-art striping tape or use a nail-art pen to create a 'bondage' pattern at the base of each nail, before sticking the nails on with glue tabs."



## MARIAN NEWMAN

*the doyenne of UK manicurists, A-listers Marian hasn't worked with are very thin on the ground.*

"This take on my Minx nails for the David Koma show starts with three pastels on natural nails (polishes or wraps). Top with clear false nails: fix with glue, then shape. With a white nail-art pen, make a lacy design over the whole nail or just on the tips."

# The (Big?) Deal With Virginity



AFTER A FEW CONVERSATIONS ON THE SUBJECT OF VIRGINITY, WE FOUND THAT ONE'S VIRGIN STATUS—OR LACK THEREOF—STILL SEEMS TO BE A VERY BIG PART OF OUR CULTURE. HOWEVER, OPINIONS VARY DRASTICALLY AMONGST GENERATIONS.

Google search the topic and you will find all sorts of stories popping up. Some cultures take the concept of virginity more seriously than others — these are cultures where women are still not on an equal footing with their male counterparts and as a result, being a virgin at the time of marriage is an attribute that increases their value in the eyes of society.

Choosing to remain a virgin until marriage is a personal decision, and should be a topic of conversation reserved for you and yours. And it must stop there. It really is nobody else's beeswax. There are some crazy stories out there such as women being subjected to medical examinations before marriage to check whether their hymens are intact, husbands having to present white cloths with bloody proof of a broken hymen the morning after the wedding night, girls being dragged to doctors for hymen reconstruction (yes, there is such a thing! It's called a *Hymenoplasty*) before being given in marriage, and new wives being rejected due to impurity.

While the above acts do sound crazy and archaic, we are not in a position to judge how people in different cultures conduct themselves. They have their reasons we suppose, fair or unfair as they may be. But we cannot ignore the fact that most judgements apply only to women and not to men. This is definitely an unfair situation. And here lies the question: Is the concept of virginity yet another tradition that is futile in the grand scheme of things and therefore deserve the kiss of death?

We were curious to find out what people thought about the importance of virginity in this day and age.

# THE GIRLS SAID...

"I think it still matters and is important," says **Ayesha* (22)**. "But having said that, it's not like a black and white thing. With regard to premarital sex, to each his own. Sex plays a big part in a relationship, so if you're faithful to someone and you see a foreseeable future with him, then go for it. Also, I don't think it matters much to guys, but then again, it depends on the guy I guess. However, most guys aren't virgins so you can't expect girls to be... right?"

**Seshani* (22)**, feels that "virginity is important to an extent, but it's a choice. It would be very unfair if guys prefer virgins to non-virgins when looking for marriage partners, because they are probably not virgins themselves. It's the 21st century and double standards are not acceptable."

"If you're a virgin and want to wait till marriage, good on you. But if you're not and you have already lost it to someone you thought was special at some point in your life or who still is, that's fine too. Don't let society get you down and let you think that you are



# "Whether you choose to remain a virgin until marriage, is a personal decision..."

not a good person just because you lost your virginity. Unless a guy is a virgin himself, he has no right to want his future wife to be one," Sachini affirms.

"Expecting women to remain virgins until marriage is clearly a mechanism put in place by men and societies in general to control women. I think virginity as a construct is completely patriarchal and has been used for centuries as yet another tool to oppress women. That women are expected to wait until they're married to have sex and considered to not have fulfilled their sexual desires, is society's way of maintaining the patriarchal status quo," says **Maria* (35)**.

"Virginity is still used to measure a woman's 'purity' and increase her eligibility for marriage. I think it's more so in our part of the world than the West. And maybe more 'progressive' guys don't find it important, but by and large the perception is still widespread in the South East Asian region."

Some women just prefer to remain virgins and they have their reasons. These range from religious beliefs to just wanting and waiting for the right person to share arguably the most intimate act possible.

"I am a virgin!" says **Shanez (36)**. "It's a purely personal thing for me... nothing to do with purity or religion. I just don't feel comfortable with sex on the whole, so I don't go there at all. I believe to each his own. I think social norms on what is or isn't right is utter rubbish."

"In terms of guys who want to end up with virgins, maybe it's social conditioning or that subconscious 'alpha male' thing they have going that makes them seek a partner who's not been deflowered yet, so that they can feel like they've conquered her in a sense. Or perhaps psychologically they're all a little frightened that they won't match up to her past lovers and therefore, prefer to have sex with someone who doesn't have any comparisons. Men in South Asia, especially, are the biggest hypocrites on the planet. They're the very ones who will demand a virgin bride and yet employ the service of prostitutes because they love what an experienced woman can do for them too," reckons Shanez.

"On a basic psychological level, we all want to settle down with someone who doesn't have baggage. That said, Western cultures that don't place such sacred value on virginity don't really have an issue," she says, adding that "it applies to both men and women even if they don't admit it."

What **Christina (38)** knows is that "the whole idea of virginity dates back to biblical times where a woman was required to be a virgin and therefore 'pure' when she was presented to a man for marriage. This was due to the 'bride price' that men paid to be married into good families."

However, she feels that "it all depends on the woman (or man!), and their beliefs and cultures." She believes that one's body is not a commodity to be sold to the highest bidder, but neither should it be given away freely on a whim.

According to Christina, "allowing a man to possess you is one of the single most vulnerable moments of your life, and it should be with someone you completely love and someone who deserves to be that intimate with you."

There is another side to the whole idea of preserving one's virginity that doesn't get talked about as much. Young girls resort to abortions putting their lives at risk and engage in other forms of sex (i.e. anal sex) without considering possible repercussions such as STDs. Sex should ideally be had when you have reached the maturity to understand everything that comes with it, including the physical and mental repercussions. It is completely acceptable to say NO to sex if you feel that you're not ready for it.

From a professional's viewpoint, "there are far too many young girls undergoing abortions and not understanding the risks for later pregnancies. This is where educational and medical institutions need to create awareness and provide more education on abstinence," says **Rita* (30)**, who is attached to the medical profession.

"Issues related to virginity matter to young women who sometimes give it up due to peer pressure. I feel it also matters to women who live in rural areas of this country due to the cultural stigma attached to it," she notes.

*NAMES HAVE BEEN CHANGED | WORDS: **TREVINA ABEYESUNDERE** | ART DIRECTION: **SANORA RODRIGO** | PHOTOGRAPHY: **PAMOD NILRU**




# AND THE GUYS SAID...

"I don't think it's that important. Of course that doesn't mean I'd be fine with someone who has a reputation for going around the block. But if it's not my first relationship or hers, I think it's only reasonable to expect that she's not a virgin. I wouldn't really have a problem with it," says **Duminda* (23)**.

"But if the guy is still a virgin and the girl isn't, then I guess there can be some insecurity or even jealousy if the guy knows the girl's history. As we grow older, things like this should matter less, and we should rank deeper things more important in a relationship."

**Shehan (24)**, too does not think he would have any issues if a girl isn't a virgin. According to him, "there are honestly only a handful of girls over the age of 16 who are still virgins. Sex has become more of a fun activity rather than something to be shared after holy matrimony. So, I would not judge a girl for not being a virgin. As much as religion advocates sex after marriage, it also strongly commands us not to judge. You have no idea what the other person may have been through in life. For all you know, she may not be a virgin because she was raped. Virginity shouldn't be the important reason for being with someone, but faithfulness once you're with that special person."

According to **Joseph (31)**, "virginity is important to the extent a person values it. Previously, I assume it was a measure of purity but in today's society, not so much."

However, on a large-scale he thinks it does matter, "as it is culturally important to be a virgin, especially in rural areas. Personally though, it does not matter as much and I would have no issues in ending up with a girl who is not a virgin," he says.

**Ruvin* (25)**, wouldn't mind if his future wife was not a virgin. "As I've grown older, I have gradually come to accept that wanting my woman to be a virgin is more idealistic than anything else. I think it's unfair that we hold women to such standards when we as men find it unnecessary to do so. At the same time, I wouldn't be too interested in marrying someone who has slept with so many guys that she can't count them!" ■

## DID YOU KNOW?

The physical characteristics of the hymen differ greatly from person to person

The absence of a hymen does not necessarily mean a girl is not a virgin

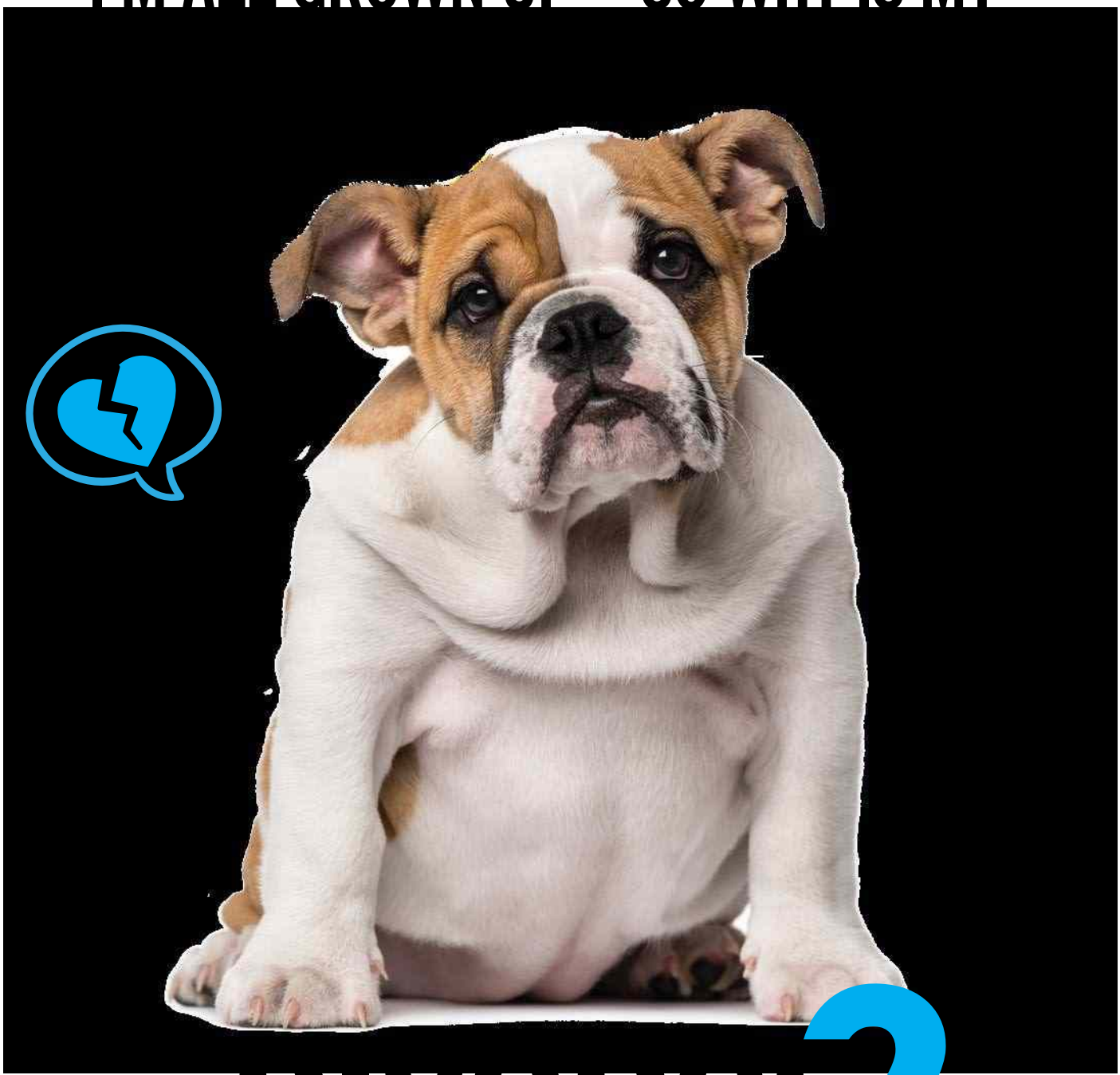
You can break your hymen while engaging in activities other than sex, i.e. sports, usage of tampons and self-exploration

A broken hymen does not always lead to bleeding or pain

Valuing virginity does not protect women

The concept of virginity is ambiguous as people engage in non-traditional forms of sex

# I'M ALL GROWN UP – SO WHY IS MY DIVORCE AFFECTING ME SO MUCH?



When you're an adult and your parents call it quits, you're expected to cope. But coming to terms with a split can be devastating, whatever your age

**IF YOU'VE FLOWN THE NEST YOU'RE EXPECTED TO TAKE THE NEWS IN YOUR STRIDE...**

"I've seen and heard too much, and it's left me viewing my parents as flawed people with weaknesses." The topic of her parents' divorce is not something that Melissa*, 25, is prepared to discuss with even her closest friends. "It just feels disloyal," she says. A string of emotional and physical ailments is what finally broke her parents' marriage. "We'd ridden a wave of family drama, but when my parents finally admitted to me and my brother three years ago that they couldn't live together, it was still a shock."

Unlike a young child caught up in a messy break, if you've flown the nest you're expected to just take the news in your stride. Adult children of divorce (or ACODs, as they've become known) are a demographic on the rise.

People may expect you to simply accept the news and get on with things, says Stephanie Dawson-Cosser from Work & Family Matters Coaching and Consulting. "They think you will be OK because you have the language to express yourself," she explains. "You may be able to say you're upset, angry and confused – but that doesn't take away from the sense of loss."

If you're still emotionally dependent on your parents, you will feel that your world is falling apart in the same way a five-year-old would, says Dawson-Cosser. If you are more centered and grounded, you are still likely to be knocked, though not right off your feet. "But when they split, a part of you will feel the split," she says. "Everything you thought was safe, secure and solid is no longer."

## CAUGHT IN THE MIDDLE

For these "silver splitters," having adult offspring they can lean on emotionally is a bonus—but they underestimate the effect on the 'kids'. "It's naive of them to think their children are not going to feel it or have an opinion about it, or that it will not affect their relationship," says Dawson-Cosser. Depending on one's perception of their parents' relationship, the divorce can come as a shock and a complete surprise that they struggle to process and want to prevent, says clinical psychologist Adele Romanis. "And other times it can come as a complete relief. It is always dependent on the context and frame of reference that the individual finds herself in."

Melissa describes herself and her brother Matthew* as being "caught in the middle of a low-intensity war" between their parents. "If I ever confront my mother she dismisses me by telling me 'You're just like your father'," she says. "He, on the other hand, suspects that my mother had an affair, pushes me for details about her new boyfriend, and takes his frustrations out on me. Because you are the only person that represents the person they are actually fighting with, they find it very hard not to see you as the opposition, and take those feelings out on you."
Melissa says she's had to learn to build certain boundaries, such as telling her folks they cannot speak to her in a certain way or outright refusing to have a conversation with them about the other parent. She says they're apologetic when she calls them out on their behaviour, but there's an expectation that she can handle it because she is an adult.

## NO PLACE TO CALL HOME

For 22-year-old Roshi*, the sense of loss has been overwhelming. She says the fact that she's a university student in another city gives her an excuse not to visit her parents too often, and has given her an incentive to establish a new life and a new home. "I've had to make my home away from my parents," she says. "Neither of them has a room that's dedicated for me in their new flat; I'm a guest in their home."

While her parents may not need to wrangle over custody agreements, Melissa says practical stuff can often be hard to navigate. "When I'm back home at Christmas, I ask them to drop me off at a petrol station so the other one can collect me half an hour later," she says. "I'd rather wait in the rain than endure the interaction that might follow. I have to constantly think about how each of them will feel if I spend a weekend with the other, or only ask one of them to come to an event." Melissa confesses that at times she feels like the parent in the relationship rather than the child.

## DADDY ISSUES

Online, you'll find many books dedicated to the subject of supporting adults and children through a divorce, and plenty of research about the effects on young children. However, a recent study by the Joseph Rowntree Foundation examined the experiences of adults who were over 20 when their parents divorced. And the results? Women in this group were more likely to have their own marriage break-up by 33.
"My parents both seem

**A NEW MAN, A NEW TINDER PROFILE, A NEW SEX LIFE THAT SHE WANTS TO SHARE WITH YOU...HOW DO YOU TOLERATE YOUR PARENTS' NEW HOOK-UPS WHEN YOU'RE STILL FEELING HURT AND BETRAYED?**




# VORCE J'RE

to have lost their identity now that they are no longer a parental unit," says Melissa. "It's taught me that I have to find things that define me that aren't only based on a relationship or someone else so that when I lose that, I can still stand on my own two feet. I've realized there is no one truth, and everyone has their own way of seeing things. It's made me realistic about the challenges of having lasting, meaningful relationships."

As adults, we have the same need to see and know our parents are together, supportive of each other, loving and affirming, says Dawson-Cosser. "When we do not see this or experience it, not only does it bring into question the value of your parents' relationship, but also how you can trust yourself in a relationship."

While it has put her own marriage under strain, it's being thrown into the role of "mother" for her father that has been the most confusing repercussion for Farah*, 33. "After my mum left my dad, he began to spend almost every weekend with us," she says. "I pack him groceries to get him through the week. He just seems so lost."

Melissa feels awkward about the "forced" time she now has to spend with her dad. She says their relationship has become fractured now that her mother is no longer a presence in it. "He doesn't know how to be a single parent," she says. "He's so used to talking to me through my mum —you know how it is when you phone home, and your mum chats to you and fills your dad in on all your news? Until the divorce I'd never really spent any time with him alone and now when I go home for Christmas, it's just him with us kids. But he doesn't know how to have a conversation with us." She describes a void in which they have to learn new ways of being together.

## THE FACEBOOK EFFECT

Keeping the more intimate details of each of her parents' new lives from each other is a source of stress for Melissa. "Because I can't let my mum know that dad has a new girlfriend, or let my dad know that my mum is now living with someone, I have to be really careful with what I share on Facebook," she says. "In fact, social media is probably the most unwelcome element in the whole ongoing drama of their divorce." Her mum will regularly send her copies of texts that she's sent to Melissa's dad so she can show her how hard she is trying to be civil with him. "I don't know why she thinks that is appropriate! I don't want to see them," she says. "My mom also uses Facebook as a platform for self-expression, and this means she's always putting on these emotional quotes. I feel like every message has a sub-message. While I know she needs a release for her emotions, Facebook is not the right place to do it."

Farah feels an intense sense of abandonment by her mother, who was also a devoted grandmother until she moved in with her new man. "When my second baby was born my mum didn't really seem to care," she says. "I needed her support more than ever, but she has moved on with her life and seems to enjoy spending time with her new partner's family more than us. I feel jealous."

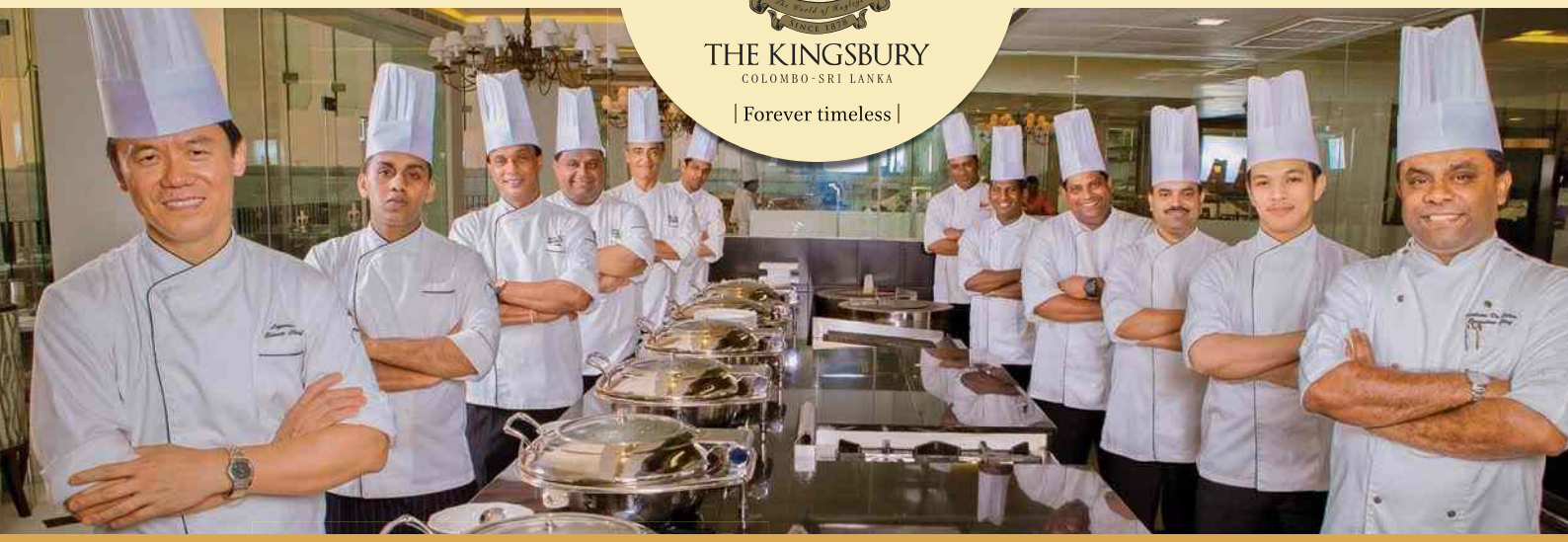
A new man, a new Tinder profile, a new sex life that she wants to share with you… How do you tolerate your parents' new hook-ups when you're still feeling hurt and betrayed by them? "It's important to remember that as much as it's your parents' marriage that's broken down, it's your child-parent relationship too—and you need time to process what happened," says Dawson-Cosser. "How comfortable you are with your parents dating will be determined by how far you are in the process of understanding and accepting the end of the parental relationship. Everyone deserves to feel happy and fulfilled—but introducing new people into the family's lives needs to be done cautiously, not forced."

## BEYOND THE LOSS

There are some benefits to being an adult when you suddenly become a child of divorce. Knowing the details of the breakdown of the marriage, plus having the maturity to actually understand the underlying factors and spending many hours on a therapist's couch has given Melissa some perspective. She says it has enabled her to build empathy for the complexity of relationships, which she's then been able to draw on when her own relationships have been hit by curve balls. "You understand that everyone has their own story," she says. "It's hard enough to leave a relationship when it's just the two of you involved; it must be incredibly difficult when you have had children together and your lives are so entangled. This has taught me to stand up for myself in my relationships—and to avoid falling into the same behaviour patterns that I saw in my parents' marriage." ■

WORDS: **LORI COHEN** | *NAMES HAVE BEEN CHANGED | PHOTOGRAPHY: **PAMOD NILRU** | IMAGE: **ISTOCK BY GETTY**

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The World Of Hayleys




# THE ART OF SEX APPEAL

YOU KNOW ***THOSE*** GIRLS—THEY MAY NOT BE THE PRETTIEST OR WITTIEST, BUT THEY WIELD A MAGNETIC POWER SO STRONG, PEOPLE TRIP OVER THEMSELVES TO GET NEAR THEM. IT'S NOT ROCKET SCIENCE. IT'S NOT EVEN HARD. HERE'S HOW TO BOOST YOUR POWER OF ATTRACTION.

BY ANDREA BARTZ

**I HAVE A FRIEND**—I'll call her Claire—who can enter a room and effortlessly have all the dudes there eating out of her hand. On three occasions, three separate male friends contacted me within 24 hours of meeting her to ask if she was single. Thing is, Claire isn't a Gigi Hadid lookalike or a bombshell with a perma-blowout. She's down-to-earth and adorable. She wears reading glasses, peasant dresses and an open smile. A textbook sexpot she is not, yet everyone wants to bask in her presence.

We all know it when we see it—that ineffable quality that seems to settle, fairy-dust-like, on certain people wherever they go. "It's a genuine sexiness, not just I'm trying to look like that hot girl on Instagram," says Sari Cooper, a sex therapist in New York City. (She calls it sex esteem.) And as more flirting takes place within Tinder's messaging system, face-to-face magnetism has become more rare. "We've become lazy and forgotten that charisma is still essential in dating," says Matthew Hussey, the dating coach behind HowToGetTheGuy .com and a Cosmo columnist. What works online—quick and snarky humour—doesn't always work in person. "Texting will only

WORDS: NICOLA MAJOCCHI | IMAGE: GETTY IMAGES



get you to the point of the date. After that, it's up to you to actually charm someone."

That charisma can help your dating life — you'll get a leg up on the girls tucked in corners at parties, furiously swiping left — but it can also keep the spark strong in a relationship, and boost your success at work and in other aspects of your world. And while this appeal involves a level of cool that can seem undefinable, really anyone can master it. As Hussey puts it: "If you can be good with people in a world where everybody else is getting worse, you're going to win."

## Go Out With a #GirlSquad

It was funny asking Claire what makes her so magnetic—it's nothing she's aware of, so it's like asking a tiger why it's striped. "It only happens when I'm out with you guys," she says. "Guys don't come up to me when I'm sitting by myself." She meant it as a deflection, but turns out, she's on to something. People want to talk to the person everyone else wants to talk to. Seed a little attention around yourself, and it'll spread.

"When you're at a bar or party, you become more desirable when a guy sees other people enjoying your presence," Cooper says. A study from the University of California at San Diego even found that people in groups look more attractive than the same people on their own. Having fun—as opposed to staging carefully curated, broody poses—is key. Mike H., 29, a musician in Oshkosh, Wisconsin, says, "When you see a woman in a group of people putting out a positive vibe and get a sense that that joy is genuine, that's attractive."

## Channel Your Chatty Side

Rather than waiting around to spot and chat-up someone you're strongly attracted to, make a habit of socializing with as many people as possible, Hussey suggests. "I encourage my clients to say hi to as many people as possible in the first 10 minutes of the evening, so that an hour later, all those people feel that you're the most approachable person in the room," he says. Think about it: When a hot guy wants to flirt with someone, who is he going to approach—the girl he hasn't said a word to or the girl he shared some fun banter with?

## Know How to Really Connect

Ask emotional questions instead of logical ones (like, "What do you like best about being an engineer?" vs. "How long have you been doing that?"). This trick breeds a convo both of you will find more engaging and revealing. "Nobody cares to hear routine facts about another person at the beginning," Hussey points out. "What we care about is connecting."

## Let Your You Flag Fly

"When my friend Tiffany lets her silliness out, everyone in the room comes running," says Rebecca Davis (28), a teacher in Delray Beach, Florida. "Once, we were at a music festival and there were a bunch of crazy hats lying around, and she grabbed one and put it on and started taking selfies of us. Guys started coming up asking to take selfies with us too. People can tell that's her genuine personality."

Part of Claire's secret is that she's full of stories and interests you don't see coming — she recently bought a baby turtle at a convenience store! And that surprise factor is sexy. "When someone comes out of left field with a hobby or experience that's different from what I would have expected of them, that's sexy and intriguing," says Michael Silver, a 30-year-old attorney in NYC.

Another reason these admissions can turn men into the heart-eyed emoji: They show vulnerability, a rare trait in an age of social media braggadocios. "Everyone goes out with their guard up in such a big way," says Hussey. "When everyone else is trying to be somebody and play a role, the person who stands out is the one who is fun and playful, and doesn't take herself too seriously."

## 5 More Moves That Make You the Coolest Girl at the Party

### Prep Your Answer to "How's It Going?"

"Never go out without knowing the most interesting thing that's happened to you all week," says Hussey. Most of us hit the lowlights ("You know, work..."), so have a few stories ready beforehand. Even "I tried the best restaurant on Tuesday!" gets the ball rolling.

### Pre-Game With Your Funniest Friend

As you're getting ready or heading over to the party, call a friend who cracks you up, Hussey advises. "You'll arrive in the right state of mind." Amused...and amusing.

### Bust Out Some Trivia

I can't tell you how many conversations I've sparked with weird nuggets from the podcasts Radiolab, Invisibilia and 99% Invisible. Interesting ephemera always beats "So do you have any siblings?"

### Ask a Favour

Ask a guy to hold your coat while you grab a round suggests Hussey, who points out research shows doing you a favour makes someone like you ***more***.

### Take Sides

Get his opinion on something you're passionate about, à la "My friend says ***The Hunger Games*** franchise is stupid, and I freaking love it. What do you think?" That way, "You're giving him an in on a fun conversation," Hussey says. —A.B.

# ma

THE *HUSS*TLE

## FOUR SUBTLE WAYS MAKE A MOVE ON A G

Girls shouldn't make the first move? S that! Dating expert **Matthew Huss** shows you how to do it…and still mak man think it's part of his master pl



### Look Twice

A guy won't get the hint from you vaguely tilting your head in his general direction. He needs eye contact. Like, more than once — more than twice, even. That way, he knows it's safe to come over. Guys don't approach women who look like they are going to say "Sorry, no." But we live for the maybe.



### Use These 7 Magic Words

Walk up to any guy and say, "Could I get your opinion on something?" It makes us feel important. Follow up with: "My friends and I are looking for a cool place to go. What's great around here?" When you end up bantering over nearby bars, he won't even realize you made a move in the first place.



### State the Obvious

Let's say it's a cold day and you are standing next to an attractive guy. Just say, "It's so cold!" It's obvious, but it works because his brain tells him: Oh, cool, I'm allowed to talk to her! Standing at the bar when a new song starts? Lock eyes briefly and say, "I love this song!" It gives him a green light, and he'll be grateful for it.



### Make a Spontaneous Compliment

Is his shoe game on point? Is he reading a book you couldn't put down? Tell him! Guys aren't used to out-of-the-blue compliments. Rather than saying "You're cute," try "I love that book. You have great taste." Now he's intrigued, but he still has to dig to see if you find him hot. Conversation, started.

# log

HEADS UP

## WHAT REAL THINKS A YOUR H

Topknot, what? It's a good do our hair for guys. One your do. **BY MATTHEW**



**The Topknot**

Are you into karate? Try not to be confused when we ask what colour belt you are...or if we get you nunchucks for your birthday.



**T t**

Reminds us of Peter Pan — not Mia Farrow, as you may have hoped. We still think you're cute though.



**Milkmaid Braids**

We'd consider a summer trip to Bavaria just so we can see you in a dirndl...and to eat pretzels.



**A Ponytail**

When your hair is ... is a scrunchie ... se?



**Tousled Waves**



**Bangs**

mathematical of us, which is why we just simply admire them.



MEAN EGGS AND HAM

## WHY DO GUYS... HATE BRUNCH?

We understand breakfast. You wake up hungry, so you eat. Lunch makes sense too. But not brunch. Brunch is the gaucho pants of meals: two good things that, instead of creating something greater than the sum of its parts, end up a subpar replacement for either.

As for timing, say you make plans to meet everyone at 11 a.m. If we wake up at 9 a.m., that means waiting two hours to eat. Possible, but it takes effort. And weekends, as you may have noticed from the sweatpants and T-shirt we're wearing, have nothing to do with effort. So we eat breakfast. Then brunch. Three hours after that, we're hungry again, so we have lunch. Eventually, we'll need dinner. Brunch may seem like a fun social opportunity, but to a guy, it's an extraneous meal added to a day that was already satisfied with three — plus a beer and wings snack. It's a lot like when Taco Bell tried to make "fourth meal" happen. And we don't remember you asking us to meet your friends for that.

—PETER MARTIN

**PERCENTAGE OF GUYS WHO THINK A DIRTY DISH IS A SIGN OF SERIOUSLY POOR HYGIENE... WHICH MAKES THAT SCARY SINK MOUNTAIN EVEN MORE OF A MYSTERY.**

SOURCE: 2015 OXICLEAN/EDELMAN BERLAND SURVEY

fifty-nine

IMAGES: HUSSEY: JAKE CHESSUM. JENNER: JASON LAVERIS/FILMMAGIC,MIRANDA KERR:WIRE IMAGES,VECTORS:SHUTTERSTOCK, ALL OTHERS: GETTY IMAGES.

# 20 men tell us what they wish they didn't know about their partners.

**YEAH, YOU'RE IN LOVE AND WANT TO SHARE EVERYTHING. BUT MAYBE SOME THINGS ARE BETTER LEFT UNSAID...**

COMPILED BY KAVEE JAYASURIYA

That she is so religious...Yikes! **Yohan, 32**

That she is a major contributor on the comment sections of those Apple vs. Samsung posts on Facebook. **Rikesh, 24**

I wish I didn't know anything, so that I could get to know her all over again. **Mark, 20**

Her taste in music. I used to get to pick the tunes on road trips. Now we're married, it's girly pop all the way. **Ferroz, 28**

My girlfriend told me she has a major crush on David Beckham. I'm not sure if I should be mad or go and get some tattoos. **Gregory, 34**



She sees ghosts... I'm not even kidding! **Stephen, 22**

She has a tattoo of her ex's name on her... **Naveen, 30**

That she's not all that respectful when she talks about guys with her girl-friends. **Jonathan, 30**

Each and every brand of make-up she uses. I'm expected to compare results and give her the verdict. **Mark, 29**





PHOTOGRAPHY/IMAGES: NICK ONKEN, STUART TYSON/STUDIO D



I wish I didn't know my girlfriend never read Harry Potter. Now I just feel like we aren't really compatible.
**John, 18**



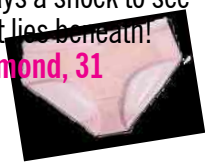
She's an amazing cook…If I didn't know that, maybe I'd be five kilos lighter than I am right now. **Ashley, 30**

That she has a Pinterest board filled with her dream wedding and my pictures photoshopped onto some of them.
**Jeremy, 26**

My girlfriend wet her bed at 16. I laughed but was secretly really turned off. I mean, what if she has bed wetting genes? I don't want to put my children through that!
**Yanik, 24**

That she finds her personal trainer "ridiculously hot." Her words, not mine.
**Kevin, 25**

What underwear she has on! Apparently those big, beige shaping pants make my partner look better in dresses, but it's always a shock to see what lies beneath!
**Raymond, 31**



The real reason she wants to end things. **Raj, 24**

That she spends way too much time getting ready. You'd think it's a compliment to tell someone they shouldn't waste their time on make-up or whatever, but no. I almost got dumped for saying so. **Jason, 28**

It's her way or no way—and she'd happily have me sleeping on the couch so I remember that. **Joshua, 28**

That she was into BDSM because I'm not, and I constantly feel like I have to overcompensate for her extra needs by being a pushover. **Shane, 27**

How expensive her shoe habit is. I don't understand why women need so many. Guys need like three, max.
**Gurpreet, 35**



# Body Q&A



**Q/ I'm constantly either on my period or spotting. How can I track my ovulation time so I don't get pregnant?**

**A/** First things first: Spotting can be caused by a wide range of factors from cervical polyps to an infection to stress, says ob-gyn Jennifer Wider, MD. Make an appointment with your gyno ASAP to see what's causing yours. In some cases, going on hormonal birth control can even things out and also help with that whole not-getting-pregnant thing. (Until then, sign a lease in Condom City.) To track your ovulation — which generally occurs on the 14th day of a 28-day cycle and marks when you're most fertile — use an app like My Days (free, App Store and Google Play). For a more accurate read, Dr. Wider suggests an ovulation predictor kit, a urine test kit from the drugstore that reads positive a day or two before ovulation — then you'll know when not to get it on.



**Q/ This year I've grown apart from my friendship group that dates back to school and college. They've stopped inviting me out, yet they still hang as a group. It hurts when I see pictures of them together on FB. I take every opportunity to make friends on my new job, but feel ignored there too. It feels like nobody wants to know me. Why?**

**A/** To grow up means to grow into something new. The old gang still hangs out together because they haven't yet grown into something new. As for the people at work, allow plenty of time for them to see that you are no threat to their established hierarchy. Meanwhile, befriend yourself. Invite yourself into new activities such as sports, art or charity. Do things that make you enjoy the company of your grown-up self. You'll meet other grown-ups who enjoy doing the same things as you and who will enjoy your company too.

HAVE A BURNING ISSUE? (NO PUN INTENDED.) REACH OUT TO US AT COSMOMAGSL@GMAIL.COM



**Q/ My boyfriend gets aroused within minutes, but I can take a lot longer. How do we deal with the discrepancy?**

**A/** "Think of it like hiking," says sex therapist Neil Cannon, PhD. Huh? "You have to walk at the pace of the slowest hiker." Ah, got it. Even though your man may be boots-on, ready-to-roll in minutes, spending time on foreplay that pleases you — kissing, touching, etc. — before actual intercourse will put you both in step. Convey what you like either verbally ("kiss my neck"; "touch me like this") or by showing him exactly what you like by touching yourself. Happy trails, indeed.



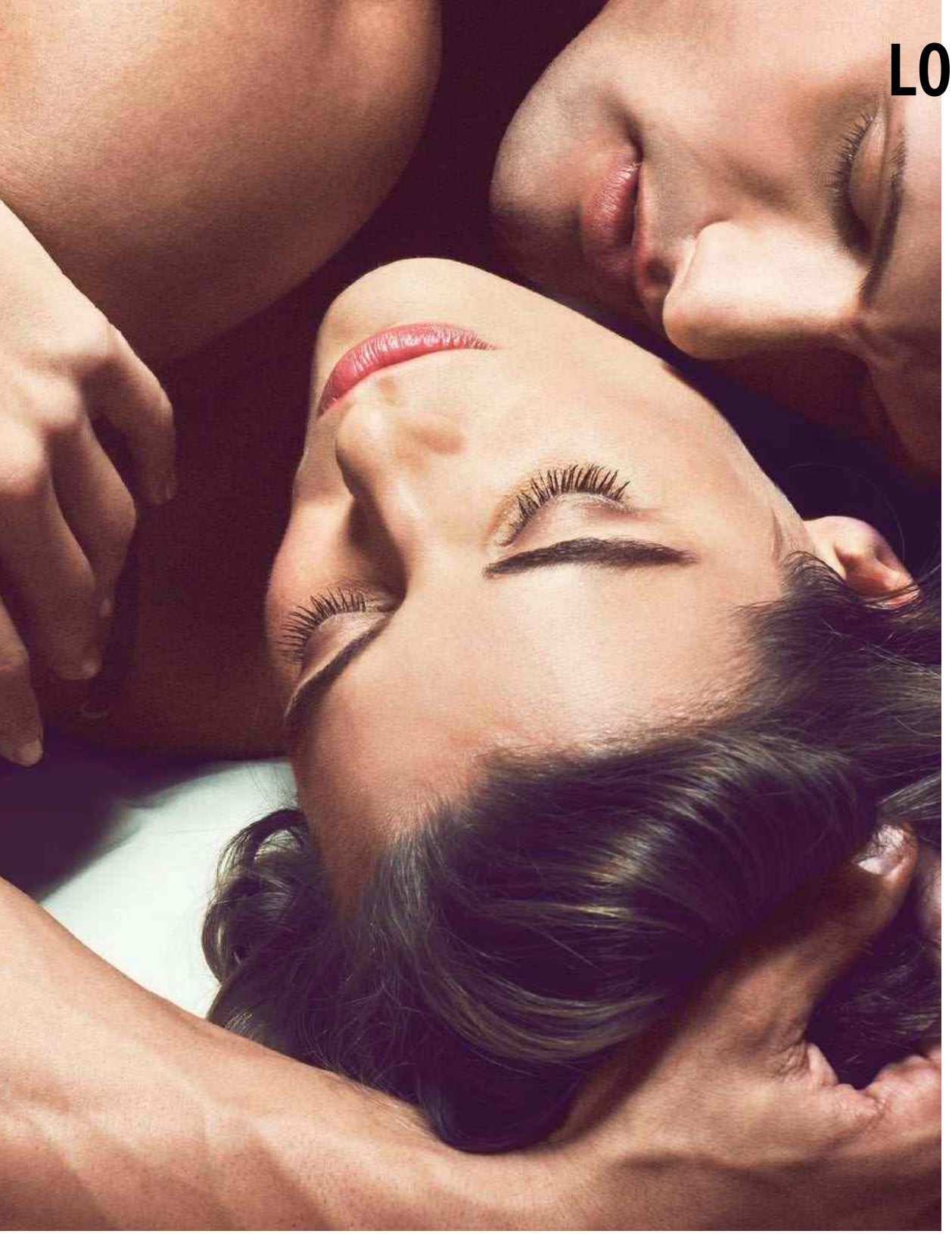
**Q/ I left my Gchat window open and my boyfriend read my chats with my best friend, telling her about the sex we had the night before. He said it was disrespectful of me, but she and I tell each other everything. What can I do to make him forgive me?**

**A/** We should respect our partner's privacy… within reason. Trash-talking his sex game down to the thrust is messed up. But talking to your BFF is healthy. Otherwise, when a problem arises (like a sex rut), you can't get any outside perspective. Promise him you won't go there with most people, but that it's important to confide in (respectfully, of course) your best friend. Just be more discreet about it.



COMPILATION: JULIE VADNAL, EMILY C JOHNSON, RACHEL MORRIS, LOGAN HILL, DR. LINDA PAPADOPOULOS
PHOTOGRAPHY: CHRIS CLINTON

# LOVE LUST





**Q/ This is so crazy, but is it normal to feel horny after a bowel movement? This happens to me a lot and I'm dying to know if other people feel this way…and why it happens!**

**A/** Yep, it's more than normal to feel a little bit turned on while taking care of business. Biologically speaking, the same nerve that travels through your cervix, the vagus, also resides near your rectum, says ob-gyn Lauren Streicher, MD, author of Sex Rx. For some women, a bowel movement can activate the vagus nerve, triggering the same kind of pleasurable sensation you'd get from deep penetration and G-spot stimulation. This also means you may be one of the 25 per cent of women who experiences vaginal orgasms or someone for whom anal sex is really pleasurable. Congrats on being number 1 at number 2s!



**Q/ I can't stop thinking about my husband's sexual history. I keep bombarding him with questions. He says he slept with lots of women before me and has even had a threesome, which really upsets me and makes me feel sick. I can't stop asking him about it and he's getting fed up. What do I do?**

**A/** Unjustified and chronic sexual jealousy has a nasty way of creating its own reason to exist. Because even an innocent guy often figures if he's going to have to take the nagging and accusations anyway, why not earn them? Your husband ended his hectic love life when he met you. That's a compliment. And his experience also makes the regrets and curiosity that can push inexperienced partners off the rails less likely. Take your imagination to bed with him, and stop wasting it on the past. Focus on the sexual chemistry that the two of you share—not on his sexual history with his previous partners. As for the threesome that upsets you, could it be your own frustrated curiosity? Either way, let it go.

# WHAT HAPPENS WHEN YOUR GREAT LOVE ALREADY HAD HIS GREAT LOVE?

Their love spanned oceans. Her desire to make the world a better place tore them tragically apart. And then, uh... he started dating me.

BY ANNA BRESLAW



**ON MY FIRST** date with Greg, he mentioned almost immediately that he'd recently ended a year-long relationship. His ex, Jenna (not her real name), had gone to Thailand with the Peace Corps, and they'd mutually decided it was easier to end it than attempt long distance. "It was really hard," he said. "One of the hardest things I've ever had to—"

I flagged down a bartender. "Um, can I get another drink, please?"

**DESPITE MY** misgivings, the first date gave way to a second, a fourth, then countless. The more I grew to like Greg, the more the nature of his last break-up bothered me. Unlike your garden-variety "we don't have sex anymore; give back my T-shirt" break-up, he and Jenna were still in love when circumstances tore them apart. It was



PHOTOGRAPHY: CHRIS CLINTON

one of those James Dean relationships that died too young and beautiful.

For the next girlfriend—me—it was a hell of an act to follow. Jenna haunted our relationship for the next few months. She was in his Facebook profile photo, smiling with him in a pumpkin patch (he hardly used Facebook and there were other people in the photo, but still). They Skyped all the time. Eventually, I got so sensitive about Jenna that when Greg spoke fondly of her, it felt like a veiled criticism of me. For instance, when he mentioned that Jenna "genuinely cared about people," I felt like he was saying I didn't genuinely care about people. As in, every minute I'm writing for a magazine is another minute I'm not doing something Truly Altruistic, like training a seeing-eye dog. I worried that Greg thought he had downgraded from Mother Teresa to Lauren Conrad.

**BUT THE THING WAS,** I was attracted to him and I really liked him. When we had debates about things like Twitter's effect on society, he found me challenging rather than argumentative... even when it ended with my informing him that handsome, straight white men aren't allowed to have opinions on society. I'm sometimes absentminded when I'm engrossed in work, and he started sending me midday texts like: "Did you eat?" Irritatingly, the qualities I liked so much in him—being open, wanting to share stuff with me, seeing the best in people were the reason he said nice things about Jenna. He wasn't being inconsiderate on purpose. He was just a good dude who has positive feelings toward his exes.

Four months into our relationship, Greg met my mom. It was the first time I'd ever introduced a guy I was dating to her, and she liked him a lot. At her house, I asked Greg offhandedly if Jenna knew about me. He shook his head. "We promised not to talk to each other about other people," he said casually. I froze, furious and embarrassed, tears welling up in my eyes. He was the first guy who'd ever met anyone in my family, and he wouldn't even tell his ex-girlfriend that I existed. I shut down and became icy. On the ride home, I started to cry. A big part of me wanted to run now, rather than settle for a relationship where I would always feel like the lackluster sequel to a Nicholas Sparks movie, but another part knew that would be jumping the gun and potentially wrecking something really good. I took a deep breath and said: "I want you to tell Jenna about me." His response was calm and crazy-making in a way only a guy can be. He said, "I just don't see why you'd want me to hurt her for no reason."

**GUILTY, I ACQUIESCED.** But the next day at work, I reconsidered. I wrote him a long e-mail, my hands shaking. I told him I thought the fact that he would rather hurt me than hurt Jenna was telling and that he might want to re-evaluate how over her he really was. He met up with me after work. After I'd sent my e-mail, he had Skyped Jenna and told her that he was in a serious relationship. It was a two-hour conversation. They had both cried and said they'd always be in each other's—I held up my hand. "Stop there, okay? Great."

"When Jenna and I started dating, we both knew she was leaving. Did I tell you that?" he asked me. (He hadn't.) "I knew there was a time limit. That was part of why I dated her."

This reframed things for me. *Romeo knows Juliet's gotta peace at the end of the year and he ultimately doesn't love her enough to follow her to Thailand* packs much less of an emotional punch.

"So you're saying if you loved her enough you'd have gone with her?" I asked, just to be sure.

He thought for a minute and looked me in the eye. "Yeah! Definitely."

Now that we've been together for a year, a lot of my apprehension around Jenna has faded. Maybe their relationship was James Dean, but ours is Michael Fassbender: equally exciting and sexy but with more adult maturity, more depth and very much alive. ■

# Should You Have Sex with Your Ex?

**BEFORE JUMPING INTO BED WITH HIM (AGAIN!), ASK YOURSELF THESE FIVE QUESTIONS.**

We've all been haunted by the ghosts of orgasms past, but raunchy flashbacks don't always result in super-amazing, uncomplicated post-break up sex. Before going there again—and again—weigh up the pros and cons of that booty call.

## 1. WHY IS YOUR EX ON THE BRAIN?

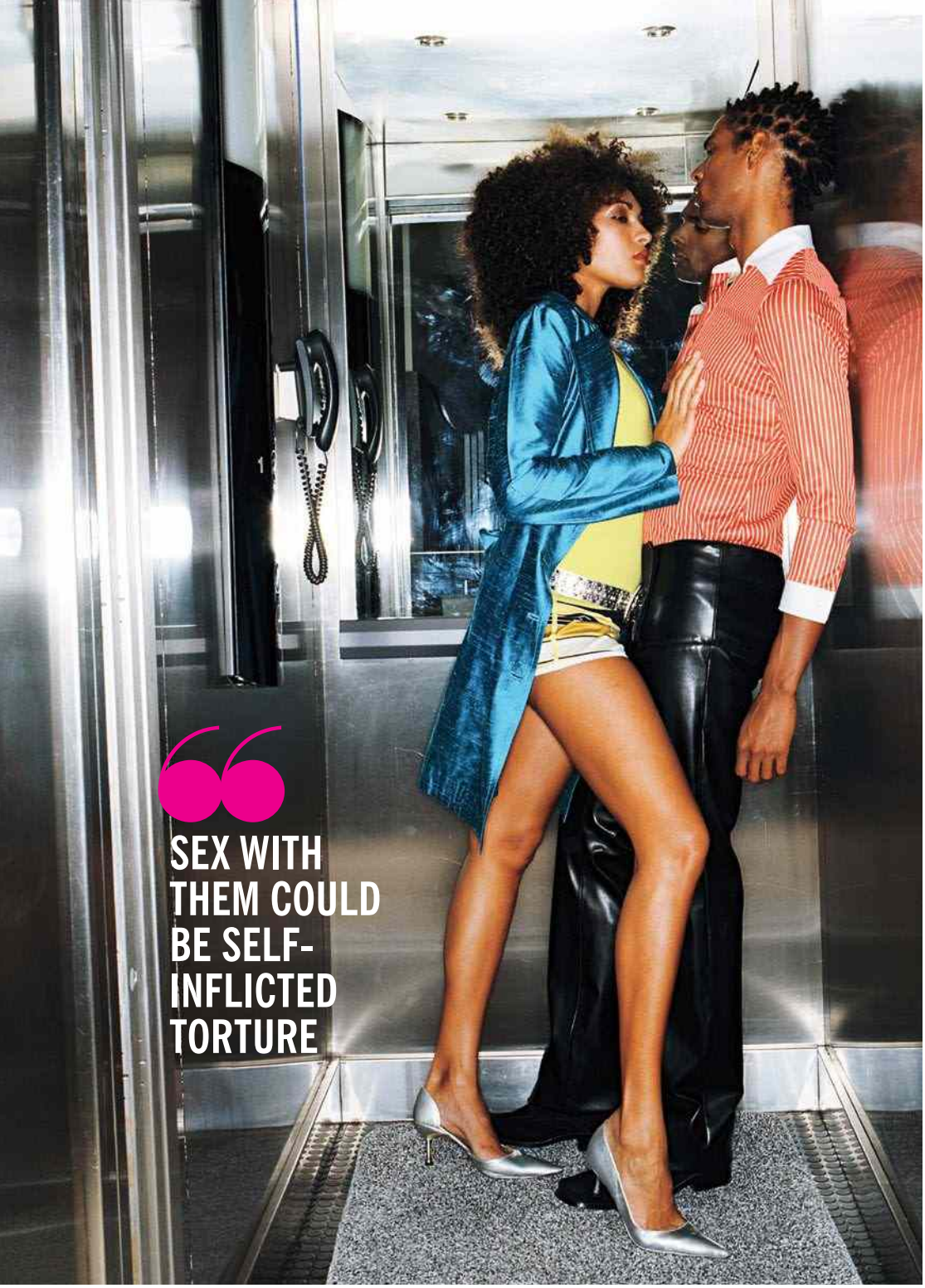
Stumbled across his favourite Family Guy mug he left at yours? Bumped into him at your local pub or coffee shop? Got an out-of-the-blue text from him? Or simply feeling like the only person in the world not getting any late-night action? Whatever the reason, you need to figure out why your former bae is creeping into your thoughts. "Sometimes women break up with people not because they don't love them or are not sexually attracted to them, and these feelings can linger, often popping up to say hello," explains sexologist Dr. Nikki Goldstein. "If you are feeling in the mood or even a bit lonely, an ex can be a familiar and safe option to experience pleasure and intimacy with."

## 2. WHY DID YOU BREAK UP?

If your relationship was all smooth sailing and the sex was really THAT good, then why aren't you still together? "Sometimes we can forget why we broke up with someone, and it is important to remember that before we jump back in bed with them," says Dr. Goldstein. "If it's not because there was a lack of love, being sexual might make things quite complicated, but if it's because there was a messy argument, it might reignite the fireworks—and not in a good way!" If you're feeling sentimental, you can often convince yourself that the orgasms were stronger (not to mention more frequent) and that they knew exactly what to do. But what about the fact that he always wanted you on top and never tried new things? Don't forget the not-so-great stuff, because otherwise no one will ever match up and it'll be hard to move on.

## 3. IS IT JUST SEX, OR ARE YOU (OR THEY) AFTER MORE?

"Be honest—you might be trying to tell yourself that it's just a familiar hook-up, but deep inside you could be testing the waters," says Dr. Goldstein. "You also might need to consider what will happen if you do become sexual and feel sparks flying. Is it just a by-product of positive sex hormones being released, or should you really be giving it another go?" We all know how tempting it is to rekindle a former romance, but can you really see a future with them? And if you do, is it what they want? They may just be very happy keeping you as a friend with



> SEX WITH THEM COULD BE SELF-INFLICTED TORTURE

(great) benefits. But if you're hoping for more and they're not, sex with them will be self-inflicted torture. Even if you're 100 per cent fine to have casual sex, they may not be. If you were the one to call it quits on your relationship, they may still be in love with you and reigniting the spark in the bedroom doesn't give them the chance they deserve to move on.

## 4. ARE YOU BOTH STABLE ENOUGH TO TAKE THE CONSEQUENCES?

While we all love the idea of sex with no strings attached, it's often much easier said than done. How many times have you tried convincing yourself that you can remove feelings from the bedroom only to realize that you're kinda falling for them? "Women seem to be on the tough end of this scenario, and they'll tell themselves that they are in control or that they have the power," says Dr. Goldstein. "But if sex is had continually or sometimes even once, emotions might occur. Women can be more emotionally connected when it comes to sex and it is an important factor that needs to be considered when engaging in all types of casual sex, but especially with an ex." Are you ready for all the feels? If it ends badly, can you handle the heartbreak...again? On the flip side, you might have to be prepared to break up with your ex (again) should they feel all the feels.

## 5. WHAT WILL YOUR FRIENDS AND FAMILY THINK?

They're the ones who know you best, and although you may not want to hear what they have to say, they have your back and don't want to see you getting hurt. "Sex with an ex should be somewhat a private matter, but it's good to have a close friend to confide in," explains Dr. Goldstein. "Be careful of those 'I told you so' friends, or ones that scold you for what you're doing/about to do. There'll always be risks with hooking up with an ex but it's important to have friends that you can discuss it with, not ones that will just judge you."

At the end of the day, the choice is between you and your ex. If you both agree that you just want some good ol' summer loving with no strings attached, then go forth and enjoy! After all, there are actually plenty of pros to sleeping with someone who already knows your body so well! Hell, it may even be the closure you two needed. But if you fear a heart could be re-broken, resist the urge and steer clear.

WORDS: SHARI NEMENTZIK | IMAGE: GETTY IMAGES

# ask him anything

LOVE ADVICE FROM GUY GURU LOGAN HILL



PHOTOGRAPHY: NICK ONKEN, PHILIP FRIEDMAN/STUDIO D

**Q/** MY BF HAS A CRAZY WORK SCHEDULE. AT THE END OF THE NIGHT, ALL I WANT TO DO IS HAVE SEX, BUT HE ALWAYS SAYS HE'S TOO TIRED. I KNOW I SHOULD UNDERSTAND, BUT I'M FRUSTRATED. HOW CAN I LET HIM KNOW WITHOUT COMING OFF AS NEEDY?

**A** If it's needy to need sex, then we're all needy! Tell him that you're proud of his hard work, but you need him hard after work too. Sometimes guys do get tired, but as long as he's not exhausting himself with someone else, beat this impasse by proposing solutions. Maybe you can squeeze it in before work, meet up for a quickie at lunch or agree that even if he's bushed, your bush will get his attention one additional night per week on top of whatever your sex frequency is now (just one more night feels doable, not stressful).



**Q/ MY BOYFRIEND NEVER WANTS TO GO OUT WITH JUST ME. I'LL ASK FOR A DATE NIGHT, BUT HE SAYS HE'S BROKE...EVEN THOUGH WE DO OCCASIONALLY GO OUT AS A GROUP WITH HIS GUY FRIENDS. HE INSISTS HE WANTS TO BE WITH ME AND LOVES SPENDING TIME WITH ME. SHOULD I BE CONCERNED?**

**A** Yes. If he can spring for a Lion Lager with his pals, he can buy tapas for his lady. He's showing you his priorities, so tell him you feel dissed when he acts like a bro hang is worth more than a date night. Your BF might feel pressured to hide his shaky finances from friends, but he needs to brush up on Romance Finance 101: Invest in your relationship if you want it to grow. Suggest affordable dates and if he continues to prefer his bros, you should probably dissolve your merger.



**Q/ I never know what to say after sex is over during a one-night stand. Tell me there's a one-size-fits-all phrase I can try!**

**A** You two just scored, so I'm not kidding when I say a celebratory high five would not be completely insane here. After all, if orgasms were involved, there are few better things to celebrate. But if that idea makes you wince, try "Well, that was fun!" Or "Damn, boy (or girl)!" Either way, simple is sexy.

**Q/ I'm heading home from college for the holidays; and I grew up in a small town, so I'm guaranteed to run into my high school ex. What can I say when it happens? I'm terrified of it being awkward.**

**A** Oh, it's gonna be awkward. But you don't have to make a reality-TV episode out of it. If you don't want to catch up, treat him like an old song that pops up on Spotify: just skip over him by saying a quick "hi" and cruising along. If a convo is a must, ask about what you genuinely want to know like (How's his sister/BFF/whomever in his life you liked hanging with). And if he digs up some difficult history, remember that you don't have to engage. Deflect him with a graceful "Well, I'm sure we've both changed a lot since then. Good to see you!" Keepin' it classy.

**Q/ I DATE ALL THE TIME, BUT MOST GUYS MY AGE CAN'T COMMIT. THEY'RE COOL WITH GOING OUT AND HOOKING UP, BUT WHEN IT COMES TO DEFINING THE RELATIONSHIP, THERE'S ALWAYS AN EXCUSE. HOW CAN I STOP THIS PATTERN?**

**A:** Flies fly. Bees be. Players play. These guys don't wait to settle down because you did something wrong. That hook up life is just where they're at. So be clear. Say: "If you want something casual, that's cool, but I need a guy to commit to just me." When that's the only way to be with you, he'll be more willing to get on board. If he won't, cut him from your roster.



**Q/ I'm still a virgin. How much will that freak a guy out? I don't have a great sense of whether that's a pro or a con to most dudes.**

**A** Most guys lose their virginity at about the same age as women do, so most dudes won't freak out. But every dude is different: a devout dude might be impressed. A jackass might be turned on by deflowering a virgin. A decent guy might just be a little more sensitive. And another virgin might be just as nervous as you are. But the way a guy reacts will tell you a lot about him — quickly.

SEND YOUR GUY-RELATED DILEMMA TO COSMOMAGSL@GMAIL.COM

# Lower-Body Blast

Like your jeans skinny? These moves deliver leaner legs, a firmer bum and A-list abs.

BY TRACY ANDERSON




Tracy Anderson is a top fitness guru who helps A-listers like Gwyneth Paltrow, J.Lo and Gisele sculpt lean, toned bods. Check her out at tracyandersonmethod.com, and follow her on **twitter @tracyanderson**.

## Kneeling Side Extension

❶ Grab a (very solid!) chair. Carefully position your left knee and shin on the chair seat with its back to your left. Grip the chair back with your left hand. Slowly bend your right knee and hover your right foot in front of the seat while resting your right hand on your hip. ❷ Slowly lift your right arm to shoulder height and your right leg to hip height. Straighten and extend both away from your body. Return to start. That's one rep; do 30, and switch sides.

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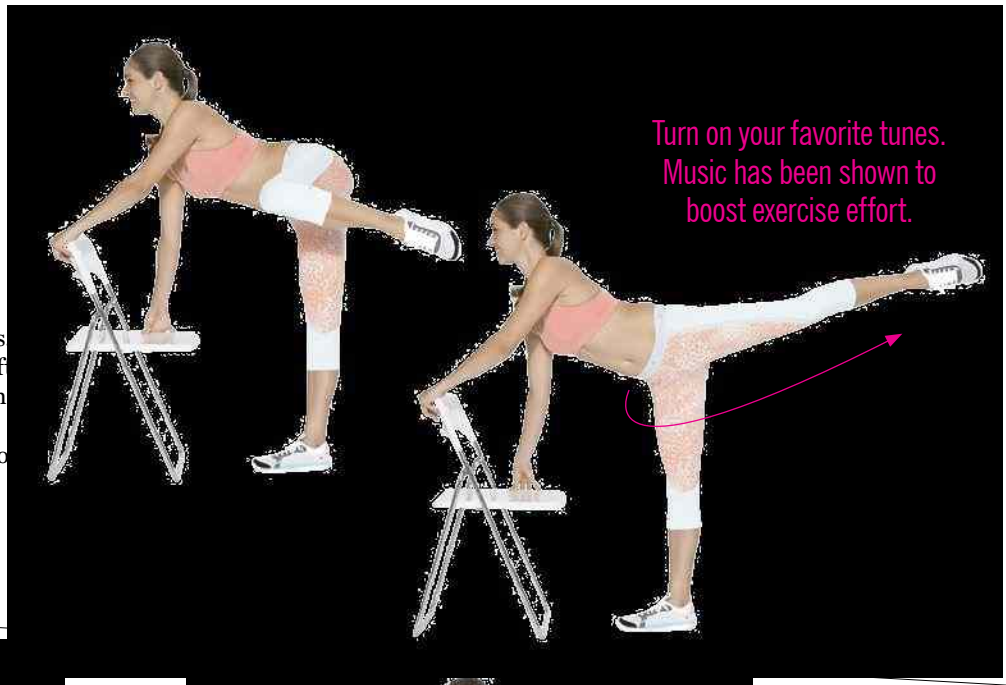

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## Better-Booty Kick

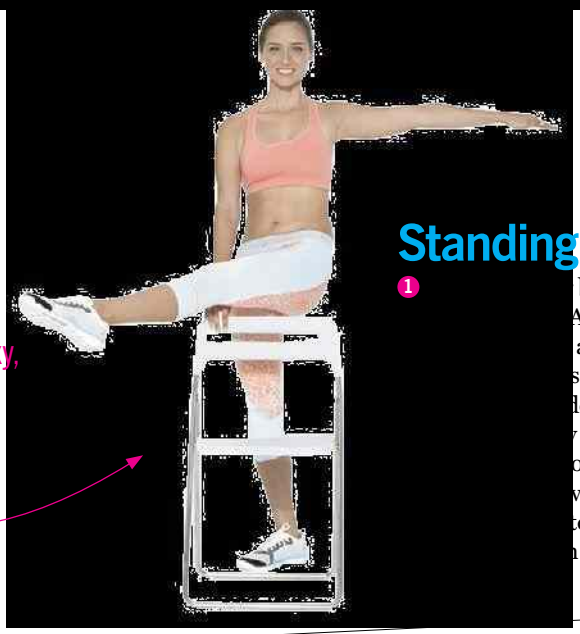
❶ With your feet a few inches behind the chair, grip its back with your left hand and the edge of the seat with your right hand. Keeping your right leg straight, raise your left leg to hip level and turn it out, bending to 90 degrees. ❷ Straighten and extend your left leg directly behind you, as though you are kicking something. Return to start. That's one rep; do 30, and switch sides.



Turn on your favorite tunes. Music has been shown to boost exercise effort.



You'll engage your core muscles as you work to balance yourself through each move. The result: sexy, show-off abs.



## Standing Toe Kick

❶ back for support with Anchor your right foot and place your left seat while raising your der height and from your body. ❷ ot and point your toe vard, straightening to start. That's one rep; sides.



## Leaning Chair Crunch

❶ Sit near the edge of the chair seat with feet wider than shoulder-width apart. Grasp the chair at hip height for support. Bending from your hips, lean your chest forward. ❷ Move your hand grip to the chair's legs and lift feet; bend knees and slowly rock back into the seat. Cross your right knee over your left knee, and return to start. That's one rep; do 30, and switch sides.

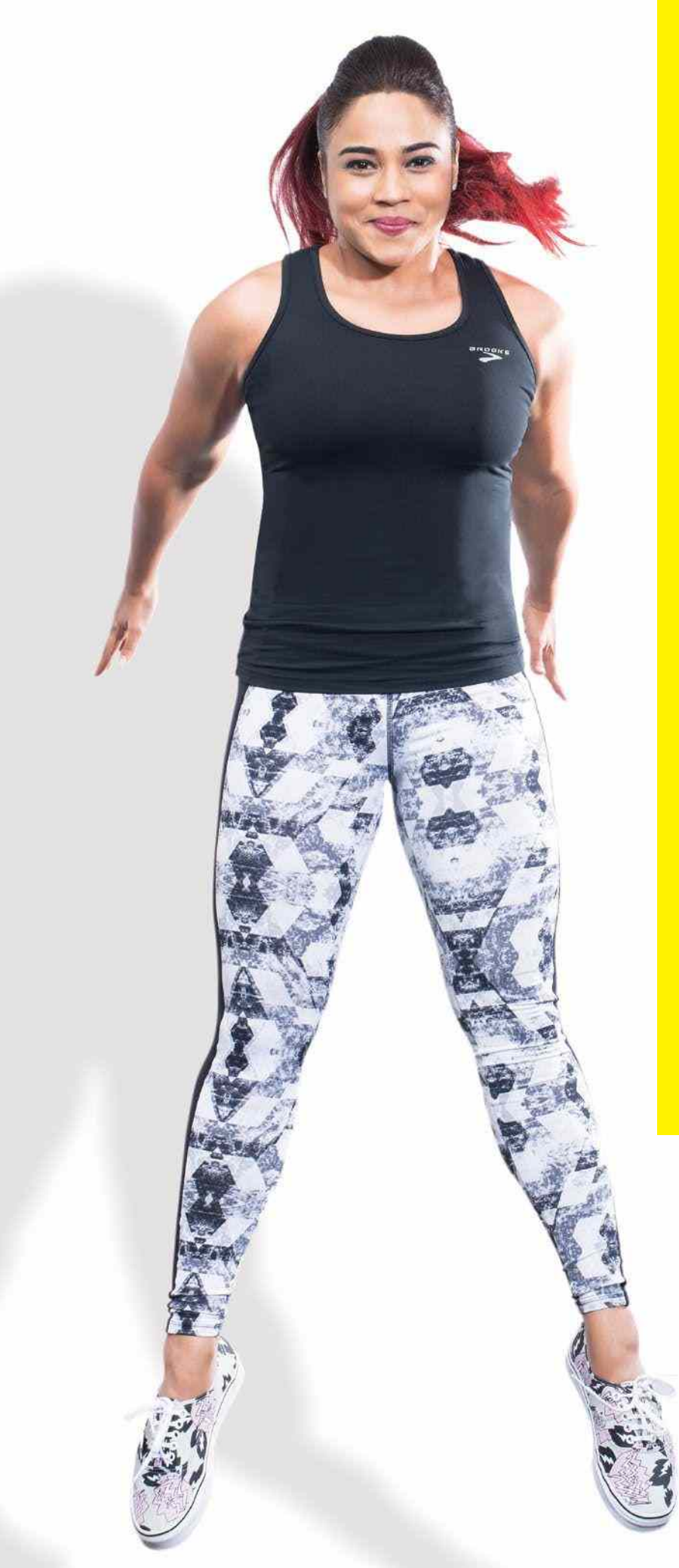
PHOTOGRAPHY: **KATHRYN FRIEDMAN. CHRIS ECKERT/STUDIO D.** FASHION EDITOR: **CHARLES MANNING.** HAIR: **JOSEPH DIMAGGIO FOR BEAUTY WING.** MAKEUP: **SARAH GRALLMAN.** SPORTS BRA: **CHAMPION.** LEGGINGS AND SNEAKERS: **ADIDAS BY STELLA MCCARTNEY.** TOP RIGHT: **MIRANDA PENN TURIN.**




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REAL-LIFE INSPO

# Finding My Way to Fit and Fab

Maybe it's just a few pounds here and there, or perhaps you're in dire need of a lifestyle change—most of us have struggled with the idea of turning over a healthier leaf. If you can't go a few days without a serious sugar-fix or if the thought of doing a burpee makes you want to cry, get ready for some serious fit-spiration and a huge dose of reality from Dinishe Wijeyawickrema—one of Colombo's top personal trainers—who knows all too well the struggle of getting fit.

PHOTOGRAPHY: CHATHURANGA PERERA

## BEFORE

I was 27 when I finally felt confident enough to wear my first bikini! Growing up, I was always bigger than my friends and family. My sisters and brother are very slim so it was easy for me to feel out of place. I felt like my weight made me really stand out – and not in a good way! I was a constant target for bullies and this didn't help me in the self-confidence department, which made me timid and self-conscious. I tried to lose weight using all the fad diets out there. You name it, I've done it!

For example, the cabbage soup diet... Yes, it made me lose weight, but it's obviously not sustainable. The moment I got off it, I would put all the weight back on again. So I felt as if I was on a constant roller-coaster ride – losing weight and then gaining it back. This is emotionally unbelievably frustrating and demotivating.

## GETTING THERE

One day, it was like a switch went off in my head. I was so fed up with feeling the way I did that I decided to actually do something about the perception I had of my body, instead of just crying about it. This change didn't happen overnight. I had to gradually regulate my diet, which was pretty tough for me because I'm such a foodie. It's important to identify and work around whatever behavioural kinks you may have. For example, I tried to avoid being around people when they ate unhealthy food because I knew I would ultimately succumb to the temptation. So, if someone ordered pizza at home, I would have my dinner and then stay away while they ate, because I knew I hadn't built my self-control up to say 'no' to it yet! I think my biggest challenge food-wise was cutting out refined sugar. I used to love super-sweet coffee, so I couldn't quit it cold-turkey. I slowly went from two tablespoons to one to none! I experimented a lot with workouts to see what worked for me. Starting out, I exercised every day but it was far too draining. It's then that I shifted to circuits with a combination of cardio and resistance. Instead of working out every day, I stuck to thrice a week, giving my body extra time to recover – and the weight started to progressively disappear.

The key is to know what works best for you. We all have different body types and our bodies will respond to different exercises in different ways – there really isn't a one-size-fits-all solution.

## NOW

I've lost close to 20kg, dropping from 70kg to 52kg. It took me a year to lose the weight, but it's always an ongoing process. It has become second nature for me to make healthy choices. Working out is a form of release. I alternate between high impact cardio and resistance workouts, or circuits that incorporate both aspects.

It's great to look in the mirror and be genuinely happy with what you see without having to worry about covering up, or not looking good in clothes. I'm no longer timid and my self-confidence has increased tenfold. I definitely feel like I can relate better to my clients because I've been in the same position as them, and faced the same physical and mental hurdles they're going through. It's not easy: You're going to be hungry and have cravings, and your body is going to be sore. It comes down to how badly you want to reach your goals, and having enough discipline and determination to keep to it. Sure, I still have cravings. I do indulge and have 'cheat meals', but at the end of the day, it's all about balance.

**"WHAT IS DONE, IS DONE; YOU NEED TO LET IT GO, WAKE UP, AND START AGAIN."**

## DINISHE'S TIPS

### Nutrition is key

Fitness is 80% diet and 20% exercise. You can't out-exercise a bad diet. Most people will say: "Yeah, I can eat this piece of cake and work it off later in the day," but it doesn't work that way. It takes three to four days for that cake to show on the scale! You can't half-ass your nutrition and expect to lose weight or get fit. Your diet (i.e. your nutrition) needs to be sustainable. Crash diets and depriving yourself are not permanent solutions!

### Don't be afraid to try new things

People tend to be reluctant to stray out of their comfort zones. For example, I've found a lot of fear and negative connotations attached to high impact workouts due to the misconception that it can lead to injuries. But in reality, it's one of the most effective ways to get fit and lose weight, and it's great for building muscle strength.

### Don't postpone!

If getting fit was easy, everybody would be doing it and getting results instantly. There's no point sugar-coating it—getting fit is definitely challenging, but it's also very rewarding. You need to be mentally prepared to accept the fact that it's not going to be smooth sailing all the time.

### Don't punish yourself when you mess up

You're only human—you're bound to binge or fall off track at some point! My theory is that what is done, is done; you need to let it go, move on and start again. We all need to refocus from time to time. Just remind yourself of why you started and why it's important to you.



# Shoe Story

We'll be honest with you: the technicalities of which shoes to take on holidays can be mind-boggling or even heart-rending to some of us (you laugh, but you know who you are). So, the Cosmo team dove head first into this conundrum and came up with a 'basic shoe' checklist.

PHOTOGRAPHY: NICK ONKEN, BEN GOLDSTEIN, JESUS AYALA, RICHARD MAJCHRZAK / STUDIO D

## Flip-flops

Our trusted friends. Because if we're honest, flip-flops aren't always the way to go, but we take that route regardless. So embrace the beach-weathered look and slip on a pair to take you to the roti kadés, the main sights, and all beaches in tuk-tuks, motorbikes and beat-up vans. Slink in to the many eateries around town, your slippers clacking against your soles in that conspicuous-but-familiar sort of way. And then slink back to your hidey-hole, relax among the coconut palms and sink your toes into the soft sand. Flip-flops will be with you all the way.

**TOP TIPS:** *A broken-in pair of flip-flops goes a long, long way. Stay away from tough rubber pairs – slipper cuts on getaways are no fun at all. Thin straps can also carry the pairs effortlessly from day to night, especially if they have a gold, silver or bronze sheen.*

**INSPIRATIONAL LOCALES:** *Amangalla Resort (Galle), Jetwing Lighthouse (Galle), Avani Bento[illegible]ort & Spa (Bentot[illegible]mbo Col[illegible]*



## Sandals

Take note: These not the Velcro kin your parents buy as 'comfortable footwear' (don't be ashamed, they do all the time). Thes are the slinky, svelte leather-strapped kind that stay away from Velcro, like we stay away from spray-ta Sandals are très très boho-chic, making you look stylish in that effortless, couldn't-care-less kind of way. These are absolutely capable of sustaining walks on the sand, a climb up Sigiriya or walking around Anuradhapura.



**TOP TIPS**

*Avoid bejeweled sandals during the day. They can turn immensely hot and cause irritating reflections. Softer leather and plastic straps are also more durable over long periods of time.*

**INSPIRATIONAL LOCALES**

*Hotel Sigiriya (Sigiriya), Ulagalle Resort (Anuradhapura), Uga Bay (Kulkudah)*



## Sneakers

Ranging the spectrum of maybe-I-can-pull-these-off to next-level creations that make you wanna go whoa, sneakers have stood the test of time. Pull on a monochrome pair as you step into that safari jeep and wear the very same pair for dinner. They'll make you look sporty during the day (and up for anything, stampeding elephants included) and lend you an athletic-yet-stylish look once the sun goes down.

**TOP TIPS**

*Keeping these babies in tip-top shape is essential. Too much mud and scuffs make the choice of footwear less appealing as the evening wears on. Darker colours naturally hide specks better, but well-designed lighter pairs can retain that easy-breezy look almost effortlessly. The test is in the materials.*

**INSPIRATIONAL LOCALES**

*Avani Kalutara Resort (Kalutara), Cinnamon Lodge (Habarana), Heritance Kandalama (Kandalama)*

## allet flats

he fail-safe option. hese trusty gals will e there for you ytime, anyhow. Slip a pair as you travel the beach to look tylish and oh-so-business-chic as you step out of the car. Trust us, you'll ake a strong yet proachable impression. Slip them on again as you step out for cocktails – they'll give your sunburnt toes a great break, keep out the creepy-crawlies, and add an edgy look when worn with beachwear.

**TOP TIPS**

*Make sure your flats are relatively well-worn to avoid squished toes and slippery soles. Add a bit of rhinestone bling to really shine.*

**INSPIRATIONAL LOCALES**

*Jetwing Blue (Negombo), Anantaya Resort & Spa (Chilaw), Vivanta by Taj (Bentota)*





## Wedges

Our favourite inspiration. Wedges lift you up and keep you there. Making your calves look heavenly without torturing your toes, wedges give you all the support you crave, anywhere, anytime. Slip on a pair for daytime cocktails and wear them well into that uber-stylish beach BBQ, feeling right at home. A major plus? These babies barely sink into water-logged ground, avoiding that supremely uncomfortable dislodging process and are pretty sturdy on sand. Say what?!

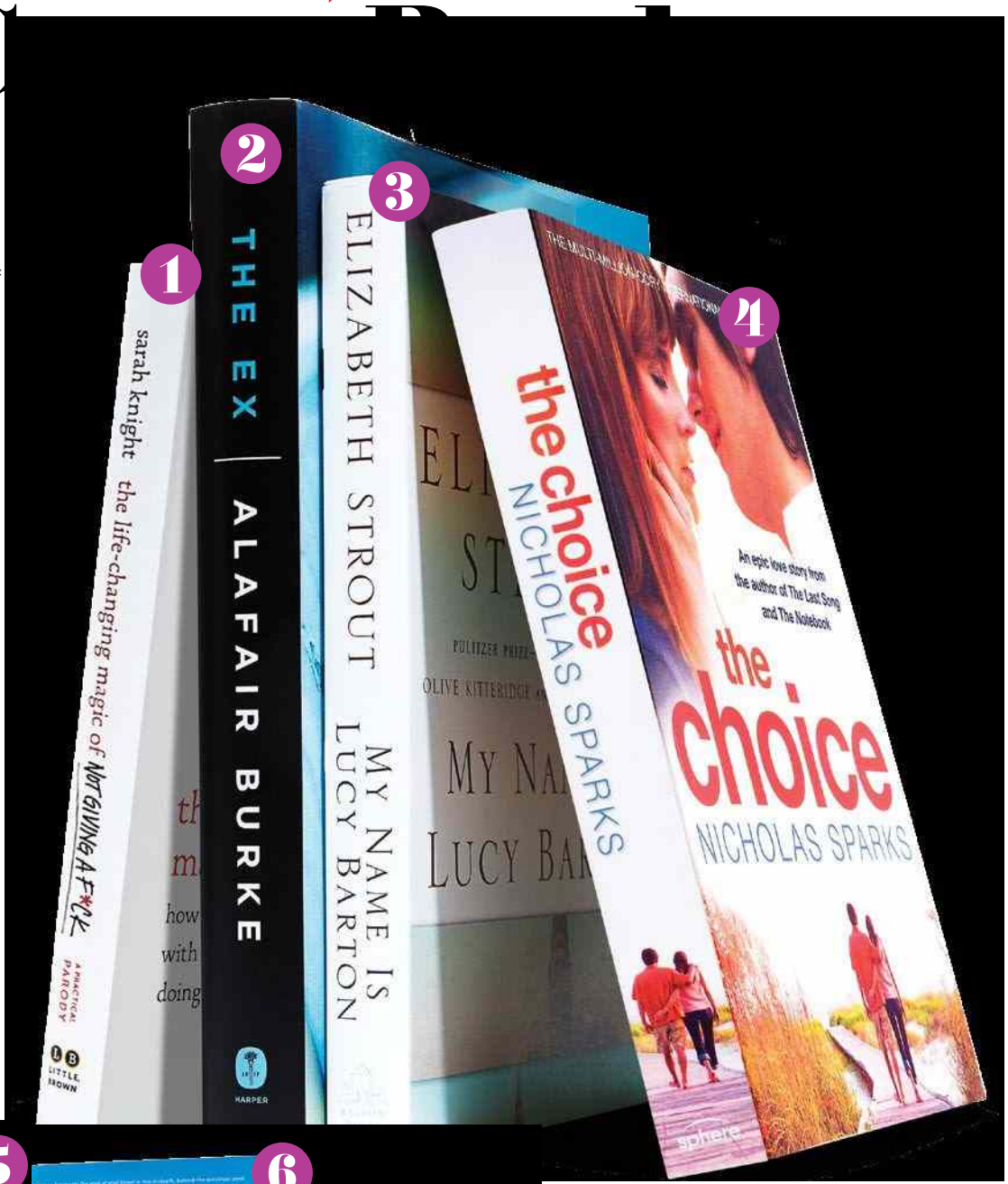
**TOP TIPS**

*Pick out wedges with bright silk straps to add an extra pop of colour during the day. Then easily loosen the straps once the sun goes down to let your tanned ankles breath. Still need convincing? Aside from looking extremely couture, the silk against your skin feels cool and, frankly, sensual. Your very own foreplay.*

**INSPIRATIONAL LOCALES**

*Anantara Peace Haven (Tangalle), Rock Villa (Bentota), Aditya Boutique Hotel (Galle), 42 Lighthouse Street (Galle)*

# C




**1. THE LIFE-CHANGING MAGIC OF NOT GIVING A F*CK BY SARAH KNIGHT**
Knight tells all us Cosmo girls how to get rid of those unwanted O's (obligations), and give your f*cks to people that make you happy. [Available at Chapters]

**2. THE EX BY ALAFAIR BURKE**
One of New York City's best criminal defense lawyers, Olivia Randall, finds herself defending her ex-fiancé Jack Harris as he stands charged for a triple homicide. [Available on Amazon or iBooks]

**3. MY NAME IS LUCY BARTON BY ELIZABETH STROUT**
Lucy Barton is lying in hospital when she receives a visit from her estranged mother. Strout, our go-to Pulitzer prize-winning author, is still the biggest bada** in the game. [Available at Chapters]

**4. THE CHOICE BY NICHOLAS SPARKS**
Hitting the big screen this month,Travis Parker's efforts to ingratiate himself with his redhead neighbour lead them both on a roller coaster journey. [Available at Vijitha Yapa]

**5. UNTIL WE ARE FREE BY SHIRIN EBADI**
The life story of Nobel Peace Prize-winner Ebadi, who has inspired masses of women around the world through her work has a human rights lawyer standing against Iran's brutal regime. [Available at Chapters]

**6. OPENING BELLE BY MAUREEN SHERRY**
Bow down to Mizz Sherry, a former Wall Street insider who finds it easier to cook up millions at work than dinner at home. [Available on Amazon or iBooks]

**7. GIRL AT WAR BY SARA NOVIĆ**
Ana Jurić flies from New York to Croatia, to come to terms with the shadows of her war-torn past in Zagreb. Pull out the stops, bring home the drama. [Available at Chapters]

IMAGES: DEVON JARVIS; PAMOD NILRU; BEN GOLDSTEIN/STUDIO D




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HOW TO FIND A WINE YOU'LL LIKE

might put the sommelier or wine clerk on the wrong path. If you're feeling adventurous, ask what the wine expert has been excited to drink lately.

## The Only Glass You Need



**burgundy (aka pinot noir) glass. The wide bowl works with every wine and is big enough for you to slosh the wine around.**

## Somebody Call WINE-1-1!

**Q**

**A** Push that s#!t in! If you're grossed out by a cork floating in your wine, strain the wine into a pitcher or decanter. It's not the end of the world!

**Q**

Put the base of the bottle in the heel of a leather-soled shoe, then hit the bottom of the shoe against a tree (or wall or banister). The force won't break the bottle, but it will pop the cork enough so that you can grab it. If that seems too dicey for you, take something pointy like a screwdriver and use it to push the cork into the bottle.

**?** **WHY... Can Wine Be So Confusing?**

The U.S. categorizes by grape; the rest of the world categorizes by region. (Chianti is the region that produces wine made with Sangiovese grapes.)




IMAGES (FROM LEFT): FOTOSEARCH; GETTY I

## *Say What?*

**Know how it's pronounced and you can use your words, not just your pointing skills (although that works fine too).**

**Sommelier** (sah-mel-YAY)

**Rosé** (ro-ZAY)

**Beaujolais** (BO-zho-lay)

**Viognier** (vee-yoh-N'YAY)

**Willamette** (rhymes with damn it)

**Assyrtiko** (a-SEER-tee-ko)

**Gewürztraminer** (guh-VURTS-truh-MEE-nur)

**Riesling** (REESE-ling)

**Côtes-du-Rhône** (coat-doo-RONE)

**Tempranillo** (tem-prah-NEE-yo)

**Crémant de Bourgogne** (cray-mon duh boor-GO-nyeh)

**Txakolí** (cha-ko-LEE)

**Cabernet Sauvignon** (cab-er-nay saw-vee-nyon)

**Pinot Noir** (pee-noh nwahr)

**Merlot** (mer-loh)

**Pinot Grigio** (pee-noh GREE-joe)

**Sauvignon Blanc** (saw-vee-nyon blahnk)

# COSMOSTR

BY AURORA TOWER
@AURORAASTRO

Big decisions are ahead! After the 15th, look before you leap as choices you make now will have a lasting impact. The Sun enters assertive Aries after the spring equinox on the 21st, pumping you up. During the Full Moon on the 23rd, play nice.

## ARIES

03.21–04.20

Go hard or go home is kind of your thing, and this month, you need a little of the home part of that equation—especially around the 5th, when your words could be twisted. When the Sun moves into your sign on the 21st, get back out there and Blow. It. Up.

**YOU NEED:** A take-care-of-you night, with bubbles in your bath ***and*** glass.

**ARIES GUY:** That boy is ready for serious relaxing! Pro tip: Do not pick a show you want to focus on.

## TAURUS

04.21–05.21

You need to reconnect with your girls. A squad night out around the 2nd could lead to meeting someone new who could change your life. That time with your core group will reinforce your belief system and help you with a tough decision on the 25th.

**YOU NEED:** The reassurance that people who love you can provide.

**TAURUS GUY:** He just wants to party all the time this month! That's cool. He is going to give you VVVIP treatment.

## GEMINI

05.22–06.20

You are not going to miss your shot! Tread carefully around the 6th: All eyes will be on you. On the 29th, the heavens will be on your side when Mercury, your ruler, makes a perfect angle to Saturn. A smart career move now will blow them all away!

**YOU NEED:** To act like you're running out of time. Get it done!

**GEMINI GUY:** He is going nonstop right now, leaving you...unsatisfied. Text him a few voice notes that he'll be helpless to resist.

## CANCER

06.21–7.22

This is not the time to play it safe. If you want bigger and better, more love and more magic, you're going to need to adjust. Dash away for a quick trip, or take a weekend class. Open your mind: The 20th could be cray romantic. On the 31st, things may take a turn at the office.

**YOU NEED:** Courage to make change.

**CANCER GUY:** Embrace his spontaneous mood! Let your sense of wonder (and your fingers) lead the way.

## LEO

07.23–08.22

You plan to lay low for the rest of winter, but look out for love near the 2nd. Witty ones, who make you laugh until it hurts, will have you at hello. On the 29th, the bosses will be paying attention, so don't hold back with your big ideas.

**YOU NEED:** A chance to catch your breath.

**LEO GUY:** It's a good thing you don't want to kick him out of bed, because he's not going! Get real about what you want, and take it to the next level.

## VIRGO

08.23–09.22

When your ruler Mercury unites with Neptune on the 8th, your love life will whirl! You feel swept away by an almost mystical connection with a new match, but try to keep at least one foot on the ground. Work and money will demand attention near the 30th.

**YOU NEED:** A brush, because it's time to paint that town red!

**VIRGO GUY:** Hello, Mr. Chivalrous! If he wants to wine and dine and wow you, you'll just take one for the team....

## LIBRA

09.23–10.22

Good thing you're the queen of balance, because between social swirl and work world, you have a lot going on! An ally at the office will be clutch, so mount a charm attack on the 2nd. The Full Moon on the 23rd is epic. Be brave; this romance is real.

**YOU NEED:** A lot of energy. Work out and coffee up.

**LIBRA GUY:** His days are totally jam-packed, so by nightfall, he is going to be so ready for your jelly. Savor every sweet second.

# R OLOGY



Alexandra Daddario is #Blessed with Pisces artistic vision. March 16, 198

## SCORPIO

10.23–11.21

Every room you walk into is electrified this month. Sparks will fly with a smokin' stranger on the 16th, when Jupiter makes a perfect trine with your ruler Pluto. Wins will keep rolling in near the 24th—did someone say "raise"?

**YOU NEED:** A new seductive scent.

**SCORPIO GUY:** His wooing ways are rom-com worthy. Have a meet cute after work and plant a showstopping kiss that sets him up for the climax that will come later.

## SAGITTARIUS

11.22–12.21

No one shoots straighter than you, but for now, you'll score with a more strategic approach. Unexpected family news on the 6th may cause you to rethink plans. Your caution will be rewarded when you hit the bull's-eye at work on the 25th.

**YOU NEED:** Big-picture thinking.

**SAGITTARIUS GUY:** His trust in you goes deep. Give him advice to sort out a knotty work sitch and then tell him to loosen his tie and put that thing to good use.

## CAPRICORN

12.22–01.19

Your GPS is set to fun now! Parties are revving your work, and social engines are full speed ahead! On the 16th, Jupiter forms a sweet angle to powerful Pluto in your sign, making it a lucky day. Steer clear of power plays near the 30th.

**YOU NEED:** To expand your horizons!

**CAPRICORN GUY:** He is living it way up and wants you with him. Let him plan a Big Night Out where you dress up and get down. And then enjoy some Big Night In fun.

## AQUARIUS

01.20–02.18

Make yourself the priority this month. Your ru Uranus will ma a gorgeous sex to Venus on the 2nd, a fairy-tal day when a frie might become more-than. "Speak now" on the 31st when your voice will have max impact.

**YOU NEED:** To stop and smell the roses.

**AQUARIUS GUY:** Handle your momentarily moody man with a lazy weekend of back rubs, steamy showers, and winner-take-all naked Scrabble.

## PISCES GUY

*Trevor Noah*
2.20.84

**LOVES:** Strong women who support his dreams ***and*** chase their own.

**HATES:** Tit for tat arguments where you both look petty.

**DREAM DATE:** An intimate concert followed by bedroom bonding.

**WIN HIM OVER:** With talks that highlight your curiosity about his passions.



## PISCES

02.19–03.20

*Stellar gifts:* Creative and inspiring, your imagination soars and sparks those around you.

*Blind spots:* You don't like to get bogged down with details and can conveniently "forget" more routine obligations.

*Fashion faves:* Sentimental pieces that remind you of fun times with your best friends and old flames.

*Indulgence:* A beachside retreat where you can disconnect and let your daydreams take over.

*Seduction style:* You're a flirtatious spirit who knows how to encourage the person you want to make a move. Once you're under each other's spells, you become attached at the lips, hips, and hearts.

*Your month:* A slew of planets is in your sign, amping you up. As you charge ahead, be sure to deliver on any promises you make midmonth. Any good vibes or bad mojo you cultivate now will last a while. After the Sun moves into Aries on the 21st, take control of a complicated money matter once and for all.

*Your year:* Work is your main focus this year, and you'll have plenty of opportunities to make your mark—but don't let the hustle affect your health. Find a workout routine that you'll keep at and actually enjoy, and keep your kitchen filled with nutritious snacks. You'll want to be in top shape to keep up with all the new powerhouses heading your way. April will be a romantic month and sets the stage for fireworks in July. Keep those praise-hands emoji on deck in October when your moment of glory will arrive.

*You need:* To take baby steps toward your big dreams.

### BEST MATCHES

*Virgo:* His cool, calm demeanor gets you all hot and bothered until your shared passion sweeps you both away.

*Cancer:* Privacy is important to both of you, making the time you spend together all the more meaningful and fulfilling.

CLOCKWISE FROM TOP LEFT: COURTESY DANIEL S. DUNNAM; GETTY IMAGES (2).



# ARE YOU OPEN TO LOVE?

BY ANNA BRESLAW

**1. Your male friend insists he has a great dude for you. Your response?**

☐ **a.** "What's his Twitter handle? I'll follow him now."
☐ **b.** "Eh, I don't really do fix-ups."
☐ **c.** "Show me a blood test, a recent pay stub and the last five songs he played on iTunes, and I'll consider it."

**2. Your online dating profile:**

☐ **a.** Requires two hours of scrolling just to get through.
☐ **b.** Doesn't exist.
☐ **c.** Features a profile pic of Bea Arthur.

**3. You exchange numbers with a cute guy. What's your next move?**

☐ **a.** Text him on the way home. You're thinking gorgeous spring wedding, two Montessori-educated kids, and a well-behaved goldendoodle.
☐ **b.** Nothing. We'll run into each other again if it's right.
☐ **c.** Delete it. You don't need the hassle.

**4. When you pull out your phone at the bar, what are you generally doing?**

☐ **a.** Trying to find the dude you just chatted with about microbrews on Facebook.
☐ **b.** Checking to see if your horoscope advises "going for it" or "playing it safe" this month.
☐ **c.** Insta-stalking your ex.

**5. As your enthusiastic BFF scrolls through Tinder on your behalf, you're thinking:**

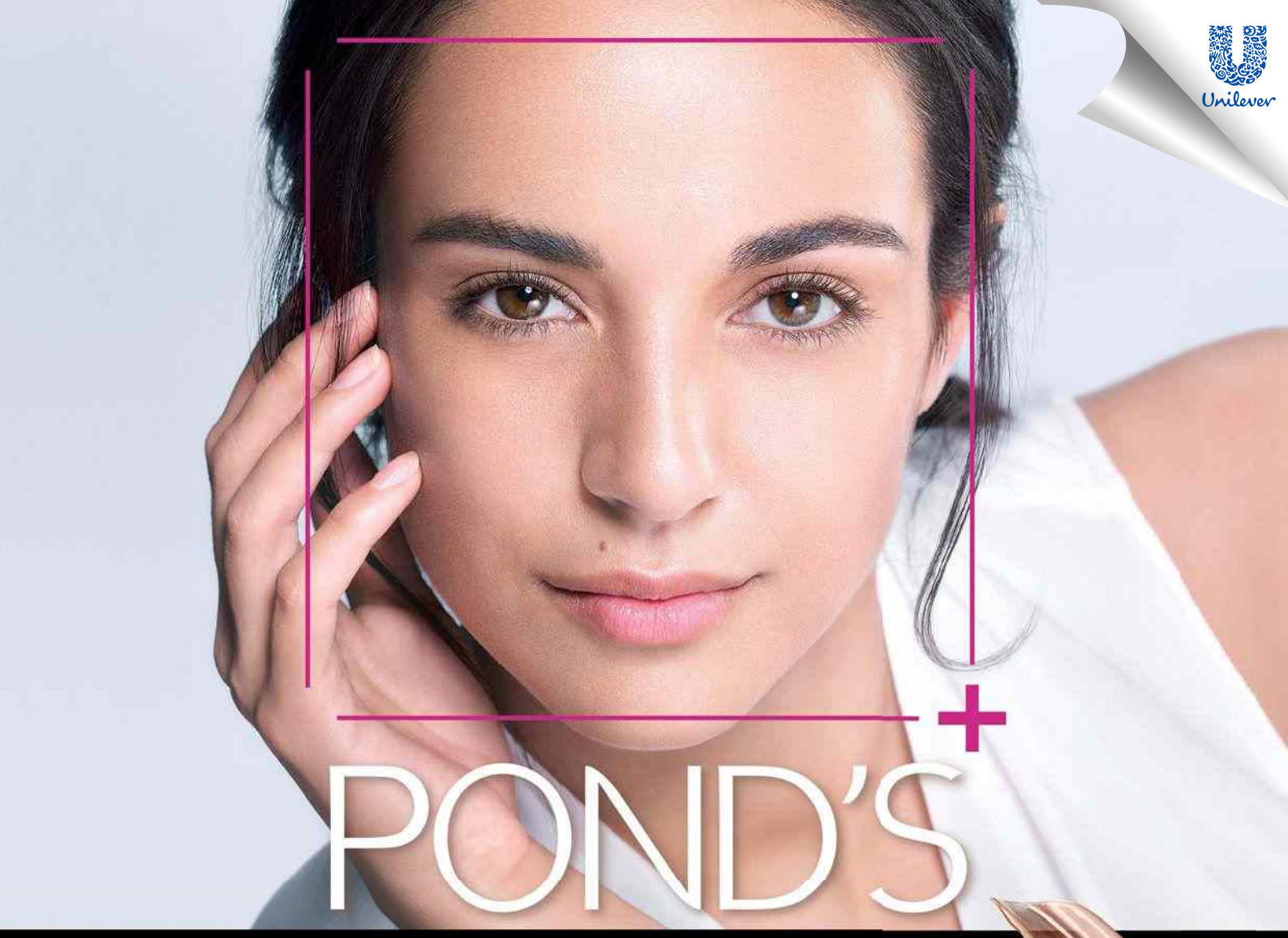
☐ **a.** I should tell her to swipe right on all of them just to jack up my odds!
☐ **b.** This is silly. Let's just leave it up to fate.
☐ **c.** Douchey-looking. Too short. Douchey-looking. Whose kid is that? Douchey-looking.

**MOSTLY AS**
**Wife Me Up, Stat**
What do you want?
A boyfriend! When do you want it? Now! Your balls-to-the-wall willingness to put yourself out there for love is brave as hell. Just try to remember that you're too awesome to waste on some mediocre dude you've convinced yourself is the one.

**MOSTLY BS**
**Leave It Up to the Stars**
You're a hopeless romantic. The only way to meet your soul mate is a coincidental meet-cute, anything more proactive is "forcing it." But you're a #BossBitch in other areas of your life — why's romance any different? Instead of waiting for the universe to align, go on Tinder and get yours.

**MOSTLY CS**
**Road-blocking Your Heart**
You're so closed off to the possibility of love, you're secretly texting your ex "u up?" on first dates. Ask yourself why: Do you really not want to date right now, or are you afraid of getting hurt? If it's the latter, delete your ex's number, take a breath and try not to say "Not interested" next time a cute guy asks your name.

PHOTOGRAPHY: CHRIS CLINTON




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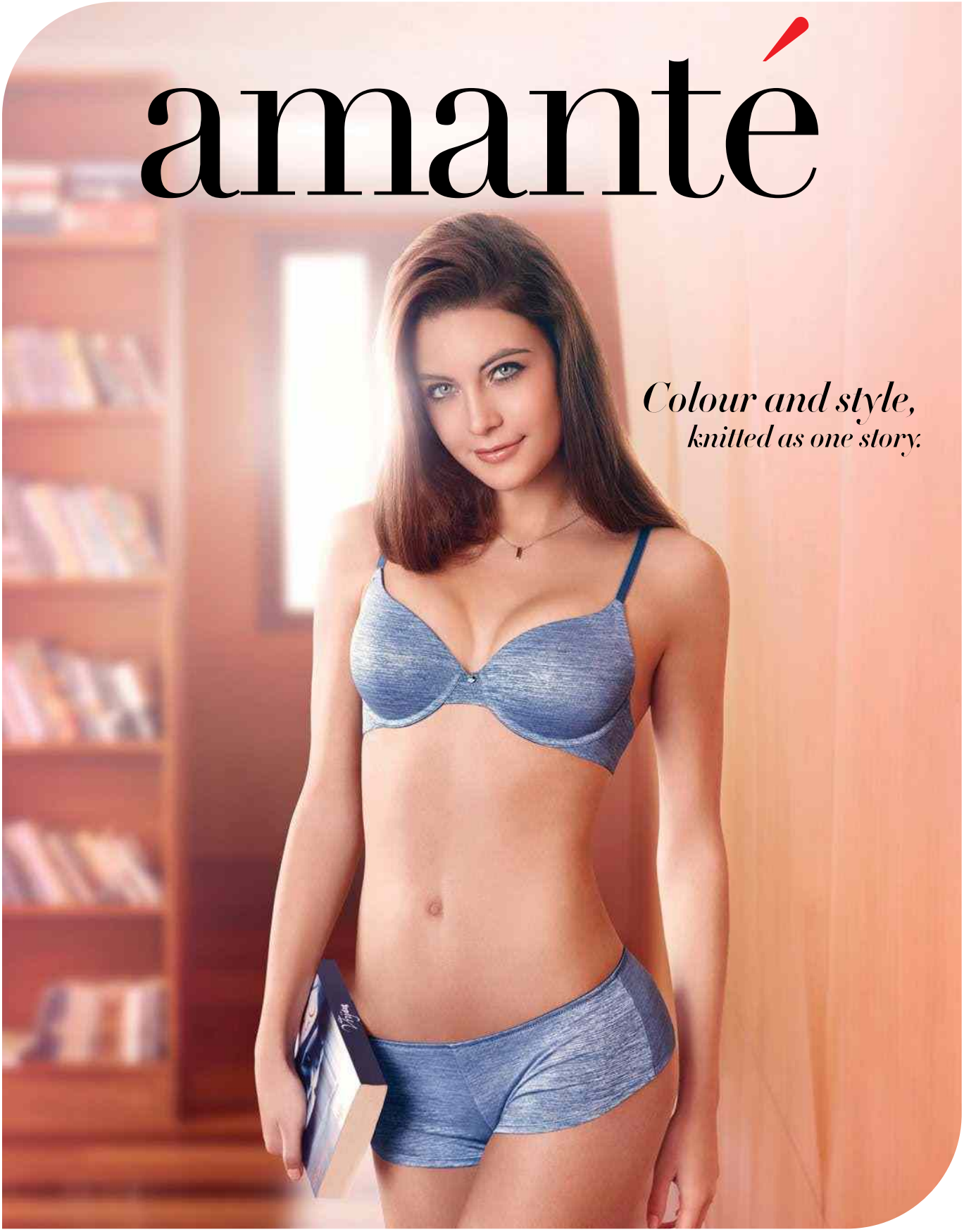

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